Chichester Herald

Friday 30th March 2012

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Call to end traffic chaos

>> *Local authority asks for action to improve Chichester's troublesome by-pass*

Jennifer Bennett
CHIEF REPORTER
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THINGS COULD finally be looking up for Chichester's notoriously slow by-pass, as a local authority has appealed to the Government to take action.

West Sussex County Council has pressed the need for improvements along the A27, particularly around the frequent traffic bottlenecks at Chichester, Arundel and Worthing.

David Cameron has now called for an urgent increase in private investment to improve the road network, which is so vital to residents and commuters in the local area.

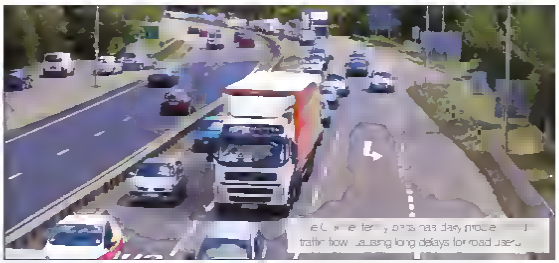
The Prime Minister's speech on infrastructure, in which he argued private sector financing could pay to upgrade the UK's busiest roads, was seen as a solution to the congested trunk road.

A letter, jointly signed by the leaders of local authorities including West Sussex County Council, Chichester District Council and Arun District Council, was sent to the Secretary of State for Transport, Justine Greening MP, earlier this month.

> "We want to talk to businesses locally to see what they feel about this"

The letter urged the Government to look again at the case for improvements to the Chichester by-pass and for the creation of an Arundel by-pass, as well as improvements on the road between Lancing and Worthing.

West Sussex County Council leader, Louise Goldsmith, said: "Public sector funding can never bring about all three major improvements along the road within the timeframe we need them, but investment from the private sector can.



"We want to talk to businesses locally to see what they feel about this and what role they can play in future."

Louise also stressed that asking for financial help from the private sector did not necessarily mean introducing toll roads.

The call for Government action comes at a time when other problems with the A27 have angered traders in Arundel, which they say have had a "huge impact" on their businesses.

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Aldingbourne Country Centre

>> PATRICIA ROUTLEDGE TO LAUNCH £4 MILLION APPEAL
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>> FAMILY FUN DAY 7TH APRIL 2012
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Local News

A helping hand for village shops in the Chichester District

CHICHESTER District Council is helping community and village shops in the district to flourish.

This has been done through grants, a village shop directory for residents and visitors and a guide to setting up a community shop.

The Chichester District is lucky to have over 30 rural village shops – and they are among the best in the country, winning multiple awards.

The council has awarded about £00,000 worth of grants to village shops over the past five years.

The council has also produced a simple guide to what local communities need to consider when setting up a community village shop. It includes information ranging from consultation to legal structure, and fundraising to management. It was developed with the help of Sue Ransley, Chair of the award-winning Kirdford Village Stores.

A village shop directory for local residents and visitors has also been produced by the council. The directory highlights the number of shops in the district and range of services

and products they offer.

The directory includes: a map showing the locations of village shops in the district; village shop and post office opening times, details of the goods and services each shop provides, links to local walks and cycle routes, and, listings of local produce and producers.

Cllr Cullen says: "Let's celebrate our village shops. The district's village shops offer a whole host of services that people may not be aware of. As well as everyday items, some of the shops have branched out and have cafes, a post room, a prescription service, internet, and you can even hire bikes."

Some copies of the village shop directory are still available from libraries, village shops or tourist information centres. An online version can be downloaded from the village shop directory page on the council's website at www.chichester.gov.uk/villageshopdirectory. Copies of Community shops: A simple guide can also be downloaded on the same page.

Councillor Myles Cullen, Cabinet Member for Economy, Property, and Tourism, says: "Community and village shops are something we are keen to promote as they can be a lifeline for sustainable rural communities.

"Now that Spring is here why not make a stop at one of the shops if you are out cycling, walking or just out and about in the district?"

Continued from page 1

Roadworks started recently on the A27 at Crossbush to shore up the embankment at the roundabout. Traders said traffic jams and poor signage meant that people were not coming to the town and businesses were suffering. Local people travelling from the Chichester area towards Arundel and further afield are being held up in traffic jams of up to two hours long.

Local MP Nick Herbert met Roads Minister Mike Penning, who said they would accelerate the work.

James Stewart, who runs a gallery in Arundel, said: "People just weren't coming to Arundel.

"We appreciate that the work needed to be done, what we didn't appreciate was the lack of consultation, the lack of anyone coming to us to ask our opinions, the fact that the roadworks were going to take place only during the day and that they were going to last for six weeks.

"All of that combined meant that Arundel businesses suffered."

On Tuesday Mr Herbert put the traders' concerns to both Mr Penning, and senior officials from the Highways Agency. In a statement, Mr Penning said: "I fully understand the frustration local people feel at the delays on the A27 at Crossbush and the concerns of local businesses about their knock-on effect on trade.

"I have asked the Highways Agency to redouble their efforts and I am pleased to report that all restrictions should be off the A27 in time for the Easter weekend Bank Holiday."

Changes to car parking coming into effect

CHICHESTER District Council is reminding visitors and residents this week about changes to its charges in its Chichester city car parks, which will come into effect from this Sunday (April 1).

Following a four year price freeze, hourly charges in Chichester city centre car parks will increase slightly to cover the cost of retaining the CCTV system in the district. This will mean, for example, an increase of 10p for the first hour in both the long stay and short stay tariff car parks.

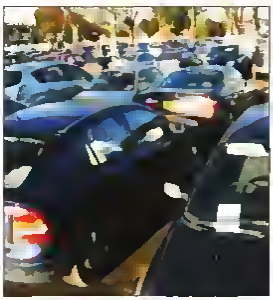
A charge of £1 for four hours and £2 to stay for the whole day on Sundays in long stay car parks will also be introduced. Spaces in the city's short stay car parks will charge the standard current tariff. Charges will apply from 10am to 6pm.

However, season tickets will be extended to cover seven days a week at no extra cost. This is to assist commuters and workers who use our car parks every day.

The changes are only for Chichester city centre car parks owned by the district council. They do not include any of the rural car parks, where prices will remain at the current levels until 1 April 2013 when the matter will be reviewed.

Chichester is not the first authority locally to introduce Sunday charges. At present, Worthing, Adur and Arun all charge on Sundays, as does Havant, Portsmouth and Southampton.

Councillor John Connor, Cabinet Member for Environment, says: "There are huge pressures on the council's budget and by



introducing these modest charges we are helping to protect and maintain essential services in the district. We want to help local workers during these tough economic times and this is why we have frozen season ticket prices and extended it to cover seven days.

"Although we are introducing charges on a Sunday, visitors will only pay £1 for four hours and £2 for the whole day in our long stay car parks – which amount to 70% of the city's car parking spaces.

"We are working with West Sussex County Council following the review of on street parking to make sure that both off street and on street parking policies are working in harmony.

"Even with these changes, our car parks will remain some of the cheapest on the south coast."

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Tommy Boyd

POLITICAL FUNDING

Our MP Andrew Tyrie was on Radio 4 talking about the latest scandal. He wrote a paper in 2005 in which he concluded that the way our parties are funded "stank" So Cameron asked him to sort it out. He admitted it's going to take years

SO WHAT?

So what if the Tories are funded by big money men, and Labour by Trades Unions? We assume they are all bad influences, but the country needs a voice for go-getters, and a voice for the workforce they depend on. Each are equally as noble and valuable as they are self-seeking. The system appears to balance out. Both main parties accept there'll be a week of furious debate every 5 years, but they might as well stick with the devil they know

POLITICS

Bismarck said, "The people must never know how politics and sausages are made."

MISUNDERSTANDINGS

I was up at Chichester Golf Club on Wednesday, making a speech to a conference – excellent facilities by the way, and very reasonably priced * and a delegate said to me "Lots of golfers out there today" I replied "Yes, it's Vets day and they get special rates" she replied "Well by the look of them most are retired, I wonder if they miss the animals." * I am a friend of the proprietor and he bought me dinner once. We did not discuss any ways in which this column might help his business. We mostly discussed women and Liverpool FC

COUNCIL TAX

Did you get your bill for 2011-12 this week? Almost all your money goes to West Sussex CC, nary a penny to Chichester City

DRIVING ROUND HERE

The biggest change on our roads in the last ten years is the arrival of the racing cyclists. Our country roads are awash with brightly coloured men doing 28mph. A mate of mine does it and he says a van driver spat at them last week. There's going to be a scene somewhere soon, and there'll be handwringing.

GREENHOUSE GASSES

Just for the record, and I know you won't believe me, but I've done the science – a cyclist at 28mph emits more carbon monoxide than a small family car

DROUGHT

Hosepipe bans are in. I was walking the dog up at Goodwood and was amazed at the amount of bone dry fallen branches and dry leaves up there. We will have a summer of bush fires in the south, not of Australian proportions one hopes, but it will happen.

JOKE

Jack Nicklaus pulls his £100,000 top of the range BMW onto a forecourt and asks the guy to fill it up and valet the inside while he takes a comfort break. The guy cleans out his car, but finds some small plastic things lying around on the car floor. Not wishing to screw up, he asks his colleague what they are. His colleague says "They're called tees. You rest your balls on them when you're driving." "Gee", says the other guy, "Those Germans think of everything."

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Appeal for information following Selsey fight

POLICE are appealing for information following a fight in Selsey High Street on Tuesday 20 March.

At around 7pm a fight between three youths on foot and a man on a bike took place.

PC Yan Wawrzeweki of Chichester Neighbourhood Response Team said: "We would like to hear from anyone who may have witnessed four people in the High Street having an altercation so that we can establish the circumstances."

Anyone with information regarding this incident is asked to contact Sussex Police on 101 quoting serial 1400 of 20/3 or the independent charity Crimestoppers anonymously on 0800 555 111.

• POLICE arrested a man after an assault in an Arundel street in which a man received a stab wound to his arm.

Officers were called to Canada Road, Arundel, just after 6pm on Wednesday (28 March), after a report that a man had been stabbed in the street.

The 38-year old local man was taken to St Richards Hospital in Chichester to be treated for a deep cut to his right forearm and a 20-year old local man was arrested on suspicion of causing grievous bodily harm. He is currently in custody for interview and further enquiries. Nobody else was hurt in the incident, which occurred in the road and not on an address.

Police seized a kitchen knife believed to have been used in the assault.

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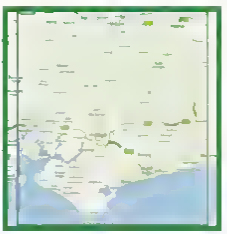

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£103,145 approved for Big Society projects in West Sussex

NINE 'Big Society' projects across West Sussex are to be championed by the County Council.

The authority has agreed for £103,145 to be spent on the successful applications, each of which will be of significant benefit to the communities they serve.

Some applications approved for funding in the local area are:

- Arundel Bowls Club - £9,000 towards expanding its car park and improving access for visitors with disabilities.

- Olympian Outreach - £7,245 towards establishing a Samaritans outreach service in the Bognor Regis area.

- Woodlands Rec - £5,800 towards creating an outdoor gym at the Woodlands Recreation Ground in Rustington.

- SENCREST - £5,600 towards purchasing a mobile salt spreader to help a co-ordinated group of volunteers' clear snow and ice on rural roads in the Lavant Valley.

- East Wittering Village Hall - £3,000 towards updating the venue, to make it more accessible to vulnerable groups.

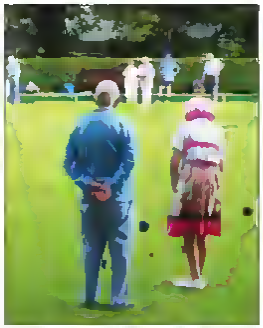
Michael Brown, Cabinet Member for Finance and Resources, said: "We feel confident that satisfying these requests for funding will make a long lasting difference to these communities.

"The success of these bids for funding reflect shining examples of the aspirations, initiatives and commitment of local people to play a significant part in the future well-being and prosperity of their communities in a sustainable way.

"We look forward to the day when each of these proposals become a reality and residents start to see the benefits."

Earlier this year, the County Council agreed to spend £197,250 on 13 different Big Society projects.

The authority has now spent £239,295 of its £240,000 Big Society Fund allocation for 2011/2012.



Before you can say Bloodhound

MORE THAN 1000 people visited Chichester College last week to learn about the latest car to attempt to break the World Land Speed Record.

The Bloodhound Project is Britain's latest bid to beat the record with a car capable of reaching up to 1,000mph.

On Tuesday (20 March), Chichester College invited students and businesses to The Bloodhound's education programme that aims to inspire young people to pursue careers in technology.

Nick Naylor, Bloodhound Ambassador, said: "It's about inspiring young people and enhancing STEM subjects by showcasing the Bloodhound as true British engineering technology."

The programme aims to teach young people about how fun the 'STEM' subjects can be (science, technology, engineering and mathematics), with real life examples of how they can be put into practice.

Nick added: "The general public have been really receptive to the idea.

"We need young people to get into engineering so we want them to come here and ask questions.

"It's been fantastic, the 9 and 10-year-olds really get a buzz."

In conjunction with the project, the college's science and engineering departments also staged a variety of different interactive stalls, from fingerprinting to water rockets.

Lauren Benham, 17, a student at Chichester College, said: "It was impressive, I liked the models and videos and the simulation, it was a very enjoyable afternoon."

Bloodhound is taking the prototype and educational initiative to over 4,000 schools and colleges across the country.

Helen Ward, Head of Marketing at Chichester College, said: "We thought about inspiring young people to do science and engineering because those are the subjects we do.

"Having a link with a British inspirational project is important to help encourage young people in these subjects.

The current land speed record stands at 763mph, the Bloodhound aims to beat this by 31% to reach 1000mph.

The Bloodhound has taken 35 man years to build and can travel four and a half football pitches in one second.

The rocket powered car aims to beat the world record on its desert race track across the Hakskeen Pan, Northern Cape, South Africa, in 2013.

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Local charitable giving scheme launched by John Lewis at Home Chichester

A LARGE store, soon to be opened in Chichester, last week announced the first three community groups it will support as part of its charitable giving scheme, Community Matters.

Every three months, Community Matters enables John Lewis at home Chichester to split £3,000 between three local community groups.

Launching on the shop's opening day, Thursday 5 April, the first three local organisations to benefit will be Stonepillow, The Sussex Snowdrop Trust and Chichester Cathedral Restoration and Development Trust.

Customers will be directly involved in deciding how funds are allocated, by using a token to vote for the charity they would like to support. The share of the £3,000 available to the good causes will be proportionate to the customer votes, meaning an organisation with 31% of the vote would receive a £930 donation.

Each customer will receive one token per transaction and will be able to follow how much of the vote each organisation receives over the three months. Organisations eligible for Community Matters will include charities, schools and community groups.

Claire Dunkason, branch manager at John Lewis at home Chichester said: "We are so pleased to be able to support these three local causes and the incredible contribution they make to the local area and its residents. My Partners (staff) and I are all very much looking forward to becoming part of the local community and as a business, we hope to be able to make a real difference."

The first organisations supported by John Lewis at home Chichester offer a range of support and services to the local community.

Stonepillow offers shelter, information and support to empower local homeless and vulnerable individuals to make positive changes in their lives. The Community Matters money will go towards funding The Old Glassworks Day Centre, which provides free meals, laundry and shower facilities to homeless people in the area.

The Sussex Snowdrop Trust is a unique charity which provides care at home for local children who have a life-threatening or terminal illness. It also provides emotional and financial support for the families who are coping with the day-to-day problems of caring for a very sick child.

Chichester Cathedral Restoration and Development Trust helps to raise funds for the upkeep and restoration of Chichester Cathedral. As the Cathedral is free to visit, the Trust needs to raise £1,000 every day to keep it well maintained.

These community groups will be supported for three months and in July, another three will be nominated. Details on how charities and organisations can nominate themselves for the next round will be made available soon.

Chichester's Sport Relief Mile is a runaway success

HUNDREDS of local people turned out in force on Sunday (25 March) for the Sport Relief Mile in Chichester.

Over 600 runners took part in the event at Graylingwell Park, Chichester, running either one, three or six miles to raise money.

The event, organised by Chichester District Council, brought together lots of different members of the community, including many families, friends and individuals who were either experienced runners or completely new to running.

All competitors received a goodie bag and a Sport Relief medal when they crossed the finish line.

As well as the run, there was also a free community play pop-up event at the park. The event was held as part of Outdoor Play Week, which runs until Sunday 1 April.

The event is supported locally by organisations including Linden Homes, Affinity Sutton, the Homes and Community Agency, Global Scaffolding, Chichester Community Development Trust and the University of Chichester.

Councillor Eileen Lintill, Cabinet Member for Leisure and Wellbeing, says "Thank you to everyone in Chichester for rising to the challenge for Sport Relief. All the money you raised will help transform lives here in the UK and across the world's poorest countries. We would also like to say a big thank you to all the volunteers who helped make the event a huge success."

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Patricia Routledge to launch £4 million appeal

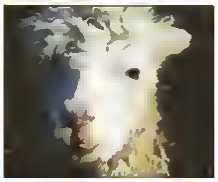
ACTRESS Patricia Routledge will officially launch The Aldingbourne Trust's £4 Million Fundraising Appeal at their Family Fun Day on Easter Saturday, 7 April 2012.

The Aldingbourne Trust supports adults with learning disabilities to develop skills to enable them to lead independent lives and gain employment within the community

To launch its £4 million appeal, the Trust is holding a Family Fun Day packed with exciting attractions for all the family to enjoy.

Patricia Routledge will officially launch the event at 12.30pm, the day itself kicks off at 10am and ends at 4pm.

In addition, Spirit FM's Milly and Vicky will be broadcasting their show live from the Country Centre between 10am and 2pm A special 'Alpaca naming Ceremony' will be featured at 11.45am whereby the Country Centre's three alpacas are officially being named after Milly, Vicky and Nicky - Spirit FM's very own female radio presenters



Michelle McKinley Bell - the Trusts Enterprise and Development Manager, says:

We are all very excited and honoured that Patricia Routledge has agreed to officially launch our £4 million appeal The day is packed with activities and looks to be a really fun day for all the family!"

Attractions include Animal Magic who will have MeerKats, Parrots, Hedgehogs, Skunks and Porcupines on display, or you could come and be photographed with an Owl from Owls 4 U The Country Centre's own animals such as alpacas, goats, ducks, pigs, donkeys, a pony, turkeys, rabbits and guinea pigs will be on the Open Farm and visitors can enter the animal enclosures – entrance is included in the admission price. Pooh and friends from Pooh House and Gardens will be available to meet and greet children and adults in and around the Woodland Walk.

There will be so much to see and do, including food stalls, a BBQ, craft stalls, retail therapy, workshops and you can even make your own parrot peg or broomstick on the day

The event is being held to launch an appeal to raise £4 million in three years Over the next few years the Trust anticipates cuts in funding by over 30% Already across England 51% of adults with learning disabilities have had their funding cut or reduced, and to enable the Aldingbourne Trust to continue its high level services in order to support its clients, The Trust needs to increase its revenue.

The Trust plans to spend the £4 million building larger facilities at the Country Centre, to include a new conference centre and cafe seating up to 150 people This will attract more visitors as well as supporting clients to obtain skills relevant for future employment

Admission to the Family Fun Day A family of 2 adults and up to 4 children £10, Adults £3, Concessions and Children £2.

For more details please visit www.aldingbournetrust.co.uk or email michellem@aldingbournetrust.co.uk

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5 mins from A3M (J5) or M27 (J12)
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April 7th, 8th & 9th
10.30am to 4.30pm
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A superb range of Crafts, Art and Speciality Foods
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in Chichester City Centre
in the pedestrianised areas of North Street and East Street
Friday, Saturday & Sunday
May 25th, 26th & 27th
Friday & Saturday: 9am-5.30pm, Sunday: 10am-5pm
For the fifth year running, the heart of Chichester will come alive with up to 50 garden stands to a burst of colour for three days in May! This will be a fantastic chance to find a wide range of top quality plants, garden crafts, garden equipment, furniture, accessories, supplies and services.
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Chichester Harbour's 'Elm Team'

Pictured are George Gillie and the Elm team

EXCITED VOLUNTEERS from the Friends of Chichester Harbour have signed up to the Chichester Harbour English Elm Experiment, organised by Chichester Harbour Conservancy.

Over 25 million Elm trees have been lost from the British countryside since the outbreak of Dutch Elm Disease. The Elm Experiment marks the first step in reintroducing these iconic trees into the Harbour landscape.

Twelve Elm hybrids have been donated to the Conservancy from a local Elm enthusiast to plant in the Area of Outstanding Natural Beauty. All are English varieties, and originate from mature trees in the Midhurst area that have survived the outbreak of Dutch Elm Disease.

Volunteers in the project are asked to care for the tree during its early years. They will record its height, girth and any signs of disease. "We hope that a new generation of Elms will become established in the harbour. The project also heralds hope for the White-letter hairstreak butterfly that relies on Elm for food.

Nicky Horter, Countryside Officer for Chichester Harbour Conservancy, said: "Our volunteers are really inspired about being part of this project; it will leave a legacy for generations to come."

Recognition for University Fine Art students

One of Alison's artworks

A FINE ART student from the University of Chichester is celebrating after winning The Textile Society's Undergraduate Student Bursary 2012.

Alison Stewart, a third-year student at the University, showcased her work for the judges at the Antique Textile Fair in Manchester on 4 March alongside the two other finalists, both of whom were from the Glasgow School of Art.

Alison said: "I spent the day talking to the society members and the general public. By the time the four judges arrived in late morning, they had difficulty speaking to me due to the number of visitors I had at my stall."

The bursary is a £1000 award that Alison intends to put towards her studies, but she says "The main benefit of this award is having the backing and profile which I will be given by The Textile Society.

"The Society has a magazine called 'Text', in which I am expected to write an article to accompany the images of my work. I also have an opportunity to give a presentation to the Society."

In addition to Alison's success, second-year Fine Art student Sam Lloyd recently finished exhibiting his sculpture installation at Oxmarket Centre of Arts in Chichester. Sam's work was on display for a month in an exhibition which was free to the public.

The installation follows on from a successful 2011 for Sam, who won Better Tomorrows' Sculpture Competition at the Cass Foundation near Chichester last summer for his sculpture, 'Kronos'.

More information about Alison's work can be found on her website www.alisonstewartartist.co.uk

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Tangmere Junior Wardens become magistrates for mock trial

TANGMERE Junior Wardens turned into magistrates recently when they took part in a mock magistrates' court trial with two real-life magistrates

The children took on the role of defendant, prosecutor, defence solicitor and magistrates, and took time to consider their verdict before announcing their decision was that the case was not proven

The young wardens were visited by Magistrates Jackie Lee and Brian Peters from the Magistrates in the Community Project.

The magistrates brought a mock courtroom with them, with figures to help the children understand each of the court officials' roles

"This was a fantastic opportunity for the children to learn about the legal system and the importance of right and wrong," says Andrew Pilley, Community Development Manager

Sue Long and Dawn White, Community Wardens for Tangmere and Oving, said the session was a good way to help the children learn about responsibility and consequences of their actions in a fun way

Sue says "The feedback I've had from the children was that they were surprised to learn about the various ages that you are legally allowed to do things such as drive a car, have a part time job, the age of criminal responsibility – which is ten years-old, the age of the Junior Wardens. They really enjoyed it."

The Junior Wardens programme is run by Chichester District Council's Community Wardens

Something new at the Goodwood flying school

THE GOODWOOD Flying School, established for almost 45 years at the famous Goodwood Aerodrome in West Sussex, has just enhanced the range of facilities it has to offer aviation students and pilots, with the exciting addition of a flight simulator.

To complement Goodwood's existing fleet of new G1000 Cessna 172 SP aircraft, the Flying School has now purchased a Frasca Flight Simulator, configured as a Cessna 172 SP format with G1000 instrumentation. This instrumentation includes an integrated autopilot, to create an exact match to the Goodwood aircraft fleet. The Flying School plans to obtain approval from the CAA so that time learning on the Frasca Simulator will count towards the hours required for PPL licence and rating issues.

The Simulator consists of an enclosed two seat cockpit area, which replicates the interior of a C172 aircraft, complete with twin G1000 displays and a full set of standby instruments. External scenery is projected onto a screen in front of the 'windscreen' so that the external forward view closely resembles the real world. There is full intercommunication between the two seats and there is also a link to the instructor console.

It also has an audio system which reproduces all the sounds heard in the aircraft cockpit, from engine and flap noises, to the squeal of tyres touching down on tarmac. The sound volume is adjustable up to the full level heard in an aircraft.

The Simulator at Goodwood will offer cost effective training to pilots at all levels of experience. Once approved, five hours of the PPL course can be completed on the simulator as can five hours of an IMC rating course.

The Goodwood Flying School is a thriving centre of flight training and general aviation, situated in the stunning Sussex countryside between The Downs and The Solent. The School was founded in the late 1960s on the site of the famous Goodwood motor circuit – home to the annual Goodwood Revival meeting (14-16 September) – and former Battle of Britain station RAF Westhampnett, from where Sir Douglas Bader flew his last sortie. It offers a variety of flight experiences, plus full PPL training.

For further information about Goodwood Aviation telephone 01243 755066 or email flying@goodwood.com

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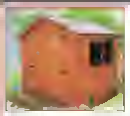

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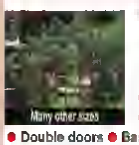

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Retreat is offering a complete pamper day package that includes: A purity ritual facial or back, neck and shoulder massage; tea, coffee or fruit juice on arrival; use of bathrobe and slippers; a two course lunch and full use of the pool, spa bath, steam room and sauna.

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Please email your entry to competition@chichesterherald.co.uk or send your entry to, Chichester Herald, Head Office, Suite 804, 26 The Hornet, Chichester, West Sussex, PO19 7BB. You must include your name, contact number and email address.

The competition is for one winner with a prize for two people for one day. There is no cash alternative.

A winner will be announced on Wednesday 11 April 2012 both within the newspaper and on our website www.chichesterherald.co.uk

Entry details will not be kept on file.

Power of the Pen

Mia Edwards

YOU'D BE SURPRISED what forms of entertainment we come up with when we're in an insanely boring class/have a supply teacher who hasn't got a clue/have finished the work the teachers have set.

Each person chooses a different approach, for example, one of my friends enjoys casually hitting me repeatedly and quite hard on my shoulder, until I turn round and ask her if I've done something wrong, to which she replies, "No I'm just passing the time."

Another enjoys singing really loudly in weird voices or making faces (WHY AM I FRIENDS WITH THESE PEOPLE?) But all of us are joined by our love of doodling.

I don't see why the teachers don't like it. It's creative and we're expressing ourselves in a safe way. And when we occasionally draw on the tables, they shouldn't worry, because we usually clean it up.

You should understand, when you aren't allowed to talk to anybody next to you but have nothing to do, your options of entertainment are minimal. This is why I come home daily with ink all over my hands, arms and sometimes face (my friends and I use face drawing as a punishment).

Other spaces that I've filled with my joyful scribbles are my exercise books (whoops) the 'Notes' pages of my planner and bits of old homework.

And our drawings are of the oddest things, since half the time we're doing it absent-mindedly, our pens work for us. Some magical force works the nib on the page without us really concentrating, which is why when we're flicking through our planners to find our timetable, we're suddenly greeted by loads of pictures of animals, smiley faces, teachers, words without any meaning, stars, rainbows, hearts and self portraits.

I opened the page onto a careful drawing of something that appeared to be a human face merged with a cat that I didn't really remember doing the day before creepeville.

So the moral of the story is, beware the power of the pen. When you're writing out those maths equations that you do so love, the evil pen may sneakily draw something without your consent. It could strike you anywhere, at any time, but statistically is shown to work its wicked ways in classrooms.

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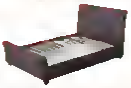

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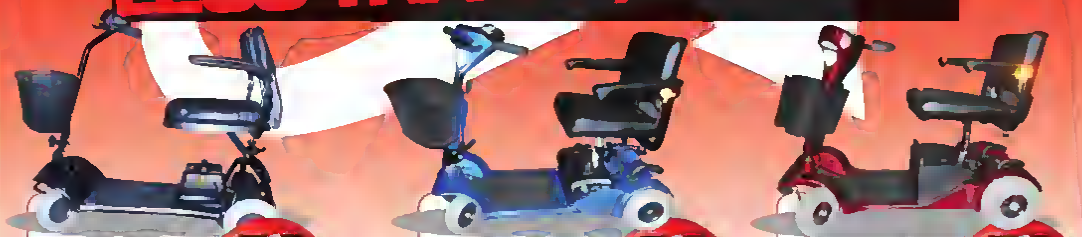

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Local dance students take to the road for 2012 tour

A DIVERSE and refreshing programme is promised to audiences around the UK as a leading postgraduate dance company based at the University of Chichester begins its annual tour

mapdance brings together national and international student performers to work with guest choreographers to develop their technical and performance skills and to deepen their understanding of the creative process. The result is a programme that has left audiences in awe at the quality produced by Chichester students, and has led to repeat invitations from venues to be part of the tour.

The company has been led this year by artistic director and independent dance artist Detta Howe and the repertoire includes work by Nigel Charnock, Matteo Fargion, Saju Hari and Keira Martin as well as recreating Bubble, a solo choreographed and performed by Detta herself in 2011.

The tour began in March at Rich Mix in London, and the company performed in front of its home audience at The Showroom theatre at the University's Bishop Otter Campus in Chichester on 15 March. The 14-date tour ends on 19 June with a matinee performance at The Showroom which is open to schools and colleges as part of a performance workshop day.

Detta said: "mapdance operates as a professional company with daily technique classes and rehearsals. However, the tour is only one part of what we do. Alongside this, we offer tailor-made educational residencies, deliver one-off workshops or can create choreographic projects.

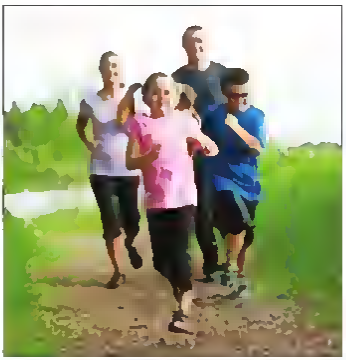
"All of the workshops are led by members of the company who are specialising in dance education, giving them an opportunity to teach dance to different ages and to work in the community. This is something the students may do at some point in their career, so it is hugely beneficial that they get this opportunity now."

Schools and colleges interested in the performance day on 10 June should contact Sue Francis, mapdance administrator on 01243 816474 or emails.francis@chi.ac.uk.

For more information about mapdance, visit their website at www.mapdance.org

Weight management programme for families in Chichester

A FREE course aimed at helping children adopt a healthier lifestyle is starting in Chichester next month.



(M)ind, (E)xercise, (N)utrition, (D)o It! is a ten-week programme that uses techniques developed by health experts. It is aimed at seven to 13-year-olds who are above their ideal weight, and their parents, to help them learn about food and discover fun ways to get fit.

The latest Chichester programme starts on Thursday 20 April at Westgate Leisure, Chichester. The free sessions run twice a week for two hours, with one hour of fun theory and then one hour of fun, land or water-based exercise.

The course, which was developed in partnership with child health experts at Great Ormond Street Hospital, also includes a visit to the local supermarket where the children and their parents learn how to read food labels.

Councillor Eileen Lintill, Cabinet Member for Leisure and Wellbeing at Chichester District Council, said: "We have held lots of MEND programmes across the Chichester District and they have proved to be extremely popular, helping many families to discover more about healthy eating and exercise.

"We all lead such hectic lives that eating healthily can sometimes drop off the priority list. These courses show families how they can make small changes to get back on a healthier track. With the weather starting to warm up and the Olympics taking place this year, there's never been a better time to start making small changes to your lifestyle."

Places are limited so if you think your child is above a healthy weight and would like to find out more about MEND or to sign up for a place please contact Claire Holding, Health Development Officer at the council, on 01243 765106 or email cholding@chichester.gov.uk

Do you know of an adult looking after someone else's child?

ARE YOU looking after someone else's child, or is someone else looking after your child? If you've got a private fostering agreement, then you need to let West Sussex County Council know.

Private fostering is when there is a private arrangement for the care of a child under the age of 16 (18 if disabled), that lasts for 28 days or more.

For example, children living with family friends on a long-term basis following a family breakdown or parents' ill health, overseas students living with a carer or 'host family' for more than 28 days, children in boarding schools who live with another family during school holidays, or a teenager living with friends or in the home of a boyfriend/girlfriend.

Although it is by private arrangement, legally the parent and carer must notify the County Council where the child is going to live so that the local authority can ensure that the child is being properly looked after.

Deputy Cabinet Member for Children and Families Nigel Peters said: "Everyone has a role in keeping our children safe, whether you are a teacher, youth worker, neighbour, or a parent at the school gates.

"If you hear about a child who is being privately fostered, please let the County Council know so we can ensure the child is being kept safe.

"Once we have been notified, we assess and support the carers and children to ensure the arrangement is safe and provide any guidance or help needed."

To notify the County Council of a private fostering arrangement, contact 01243 642555 or e-mail private.fostering@westsussex.gov.uk. To find out more, visit the County Council's website at www.westsussex.gov.uk/fostering

University students organise Sport Relief mini-Olympics

THE UNIVERSITY of Chichester has hosted a mini-Olympics event for Sport Relief, which was run by third-year Community Sports Coaching students as part of their 'Managing Community Sports Events' module.

The event on Friday 23 March saw over 120 participants (including students and staff), 30 volunteers and nine Community Sports Coaching event team students involved on the University's Bishop Otter Campus.

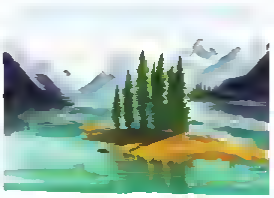
Every participant competed in six different sports (Javelin, Team Challenge, Blind Football, Wheelchair Basketball, Table Tennis and Indoor Curling) with the results tallied on a leader board throughout the day.

Senior Lecturer Daniel Potter said: "Sport Relief is a charity which speaks volumes for the great work which sport can do in communities, helping those who are not as fortunate as others both in the UK and across the world in some of the toughest countries. This charity really does seek Sport for Social Change.

"We hope that after collecting the last few pounds from team entries and other additional donations that we will be able to write a cheque for over £500 next week, made payable to Sport Relief. It was a very enjoyable day and something which I hope continues every year at the University with proceeds going to a very worthy charity."

Keeping up with David Hockney!

ARTISTS keen to discover how to create realistic paintings on their computers have a great opportunity next Thursday April 5 when professional artist Paul Arnott comes to Chichester Art Society to demonstrate top-of-the-range Corel Painter software. 6.30 pm-8.45pm at Bassil Shippam Centre, Tower Way, St Pancras (parking and easy access). Visitors always welcome (£3). For further details, please call 01243 002360 or visit www.chi-art-soc.org



Family Fun Day

7 April 2012

Official Launch of our Fundraising Appeal

10 am - 4 pm

Animal Magic - Meerkats, Skunks, Parrots, Mini Hedgehogs, Porcupines, Reptiles and more.

Admission:
£10 Family of 2 Adults & up to 4 Children
£3 Adults and £2 Children and Concessions
FREE PARKING

Animal Magic & Open Farm – Alpacas, Goats, Pony & Pigs • Crafty Cabin & Junk Modelling • Gift Shop, Licensed Cafe & BBQ • Craft Stalls in the Market Place • Access Music • Mini Olympics – Child & Parent Races • Free Prize Draw Every Hour • Easter Egg Hunt & Activities • Meet Pooh & Friends from Pooh House • Magical Woodland Walk • Caroline's Dairy Award winning Ice Cream • Photos with Owls 4 U • Ashwood Craft Damos – Broomstick Making and Parrot Pegs

Spirit fm 96.6 102.3 106.8

Spirit FM Broadcasting LIVE with Milly and Vicky **10am - 2pm**

At Aldingbourne Country Centre, Blackmill Lane, Norton, Chichester, P018 OJP

Tel : 01243 542075

www.aldingbournetrust.co.uk

Charity No. 276484

Programme of activities for the day

Activity	Time
Animal Magic - Meerkats, Porcupines, Hedgehogs, Parrots, Reptiles, Skunks and more*	11am - 3pm
Mini Olympics - Parent and child races Egg and Spoon race 3 legged race Obstacle race Welly Throwing	Races start at 11am and 1pm
Crafty Cabin and Junk Modelling	10am - 4pm
Pooh, Tiggie, Piglet and Eeyore time	10.30, 11.30, 12.30, 1.30 and 2.30
Magical Woodland Walk - Children's play equipment	10am - 4pm
Gift Shop, Cafe, Tea Nursery	9am - 6pm
BBQ	11am - 3pm
Craft stalls in the Market Place	9am - 4pm
Access Music in the Derby	10am - 4pm
Owls 4 U*	9am - 5pm
Owls 4 U - Owl talk How to raise a baby chick*	10.45am and 2.45pm
Easter Egg Hunt and Quiz	9am - 5pm
Open Farm - Goats, Alpacas, Pigs, Pony, Donkeys, Ducks, Chickens. Enter animal enclosure included in admission	10am - 4pm Enter Enclosures Feeding Times* 11am, 1pm and 3pm
Walk the Goats	9am - 4pm
Spirit FM - broadcasting live with Milly and Vicky	10am - 4pm
Spirit FM - The Official Naming of our Alpacas Milly, Vicky, Nicky	4.45pm
Prize Draw every hour	11am, 12 noon, 1pm, 2pm, 3pm and 4pm
Broomstick - Parrot Peg making	9am - 4pm
Neil Helyer (HNC, MIPR) Talk on "The Natural Predators of the Common Garden Pests"	4pm
Giant Jenga, Jenga, Pick up sticks, Snakes and Ladders and more	10am - 4pm
Official Launch of £4 m Fundraising Appeal	12.30pm
Make a dream catcher from natural materials* **	9am - 5pm 10am, 11am, 12 noon, 1pm, 2pm, 3pm
Build a bug home to take home with you* **	10am, 11am, 12 noon, 1pm, 2pm, 3pm
Sow your own Mini Vegetable Garden and take home with you* **	9am - 5pm 10am, 11am, 12 noon, 1pm, 2pm, 3pm
Build a wooden bird box - Pre Booking required* Call 01243 546438	Confirmed at time of booking

* These activities will be on a drop in/pay on the day basis. ** Maximum of 10 children per group.

So much more than a garden centre

▪ Fantastic array of lifestyle goods a hit at Russells

YOU COULD SAY this place is something of a gem

Russells Garden Centre is more than just what's in the name and during your visit you will probably spend a good couple of hours there before you realise the time.

Russells is a family owned and run garden centre in the pretty harbour village of Birdham, near Chichester.

Russells was established in 1946, but since Lesley and Richard Phillips took over in 1996 – who celebrated their 25th Wedding anniversary on Valentine's Day - the whole place has been transformed into one of the must visit places for home and garden on the south coast.

"We have grown so much over the years and with the help of our great team of staff and the encouragement and support of our customers, the centre has been transformed into a home, garden and food destination," beamed a happy Lesley.

"Being a family-run business we are able to source unique items of furniture and unusual giftware that cannot be found in the large superstores. It's so pleasing, especially now as the sun is out and people start attending to their homes and gardens, that so many customers faces are coming back time and time again."

They have a beautiful lifestyle store filled with quality indoor oak furniture, rustic and contemporary interior furnishings and a range of delightful gifts and cards.

Their stock of garden sundries, plants, outdoor furniture and BBQs is extensive.

You can relax in their award winning table service restaurant, where everything is freshly prepared on the premises using produce from their boutique deli, their delicious home-made cakes and desserts are well worth the journey.

The pinnacle of their achievement has been the contemporary licensed Restaurant which has won many awards for great food and friendly service.

One customer commented on the centre "I have visited Russells so many times, it's like being at home, in fact it's better than home, the lovely cakes, the lovely gifts, friendly staff, well worth a weekend or any day visit, it's fantastic."

Why not visit and experience for yourself the friendly welcome everyone recieves at Russells garden centre, Main Rd, Birdham, Chichester, West Sussex, PO20 7BY

Garden centre 01243 512525

Restaurant 01243 511156

Opening Hours Monday to Saturday 8 30 - 5.30 Sunday 10 00 - 4 00

Or visit www russellsgardencentre.com

New art collection by famous comedian displayed at a Chichester art gallery

A LEADING Chichester art gallery, Art For All, will be displaying and selling limited edition prints of drawings by comedian Billy Connolly.

The collection, entitled Born on a Rainy Day, features pen and ink drawings by the Scottish comic, TV presenter and BAFTA-nominated actor.

It's the first time Connolly's art has been published or exhibited to the public since he began sketching for pleasure.

Art for All owner, Andrew Dascalopoulos, said: "There is nothing contrived or intended about Billy Connolly's work, it is creativity in its purest form. It has come from a place inside Connolly that is not concerned with an audience or showmanship.

His unique characters are faceless and completely anonymous; seemingly devoid of emotion or expression and yet we see the emotional connection with the audience is quite prevalent. We are really excited to be one of only a few galleries in the UK exhibiting this stunning and inspirational collection."

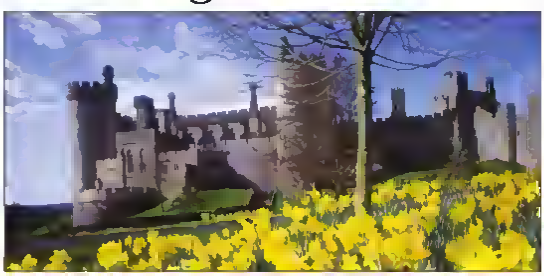
The Glaswegian star of Mrs Brown and The Last Samurai first began to take an interest in sketching while on tour in Canada in 2007.

The exhibition runs until Saturday 14 April at Art For All, The Square, Eastgate, Chichester (next to Brasserie Blanc).

You can see a sneak preview of this enthralling collection by going to www.artforall.co.uk/connollytally.

Alternatively please contact the gallery on 01243 781532 for more information or to receive a catalogue featuring the entire collection.

Historic castle lowers its drawbridge for the season



ARUNDEL CASTLE opens its gates for the new season on 31 March. The magnificent gardens and Castle, together with the keep and gatehouse, have been a popular tourist attraction since the beginning of the 10th century.

Castle Manager Bryan McDonald says: "Although we are closed to visitors during the winter it is in fact our busiest time as we undertake essential conservation and maintenance work, plan and prepare exciting new events and ideas for the new season."

Since the gates closed last October, the Castle's garden team has been on full throttle. It's been a busy time for the seven-strong garden team and volunteers, preparing the grounds and ornamental garden to ensure the flora and fauna are in tip-top condition. A stunning floral Spring display awaits visitors.

On Sunday 1 April MGBs, MG GTs and the small but perfectly formed Midget will be among the MG models gleaming in all their glory below the Castle walls on the second day of the season.

From 7-9 April the Normans and Crusaders will invade the Castle for the first of many historic re-enactment events which take place from April to 1 November.

Arundel Castle is open Tuesday to Sunday (and August & Bank Holiday Mondays) from 10am. For more details please go to www.arundelcastle.org

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Entertainment

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The Hunger Games (12A)

FOUR out of Five stars

Running time 146 mins
Director Gary Ross
Starring Jennifer Lawrence, Josh Hutcherson, Elizabeth Banks, Liam Hemsworth, Woody Harrelson, Stanley Tucci, Donald Sutherland, Toby Jones

Stunningly designed and superbly written, this is an exciting, enjoyable and intelligent blockbuster with a terrific central performance from Jennifer Lawrence

What's it all about?
Directed by Gary Ross and based on the best-selling novel by Suzanne Collins, The Hunger Games is set in a dystopian future where, each year, the Capitol (under the auspices of President Snow, played by Donald Sutherland) selects a boy and a girl from each of the twelve districts to fight to the death on live television in an event called The Hunger Games. When her 12 year old sister Prim (Willow Shields) is selected to participate, teenager Katniss Everdeen (Jennifer Lawrence) volunteers to take her place and finds herself paired with baker's son and ex-classmate Peeta Mellark (Josh Hutcherson).

When they arrive in the Capitol, Katniss and Peeta are trained and coached by a team that includes world-weary ex-contestant Haymitch (Woody Harrelson), skilled stylist Cinna (Lenny Kravitz) and twittering PR flack Effie Trinket (Elizabeth Banks), who pitch them as "the star-crossed lovers from District 12" in order to make them stand out amongst the other contestants. However, once in the arena, several of the contestants band together to form a gang and Katniss has to use every survival instinct at her disposal in order to stay alive.

The Good
Jennifer Lawrence is terrific as Katniss, delivering a complex, compassionate performance and managing to convey a huge amount of the book's first person monologue (thankfully, the film eschews voiceover) with just the look in her eyes. Hutcherson is equally good and there's strong support from Harrelson, Kravitz, Wes Bentley (as game designer Seneca Crane, a role expanded from the book) and a scene-stealing turn from Stanley Tucci as blue pompadoured Hunger Games host Caesar Flickman.

Despite the lengthy running time, Ross maintains a decent pace throughout, aided by some impressive editing and camerawork, particularly in the use of tight close-ups. He also orchestrates some genuinely thrilling set-pieces, faithfully recreating all the key moments from the book.

The Great
The theme of an oppressed populace kept diverted and docile by a reality TV show (FYI, Britain's Got Talent starts soon) is extremely timely and it's refreshing to see a blockbuster (and potential franchise-starter) with a script this intelligent.

That said, the film isn't entirely without problems. Ross overdoses the shakey-cam in places (especially early on), some of the violence has been clumsily edited in pursuit of the 12A rating and the script is occasionally guilty of assuming that everyone has already read the book – for example, there's a frustrating lack of background detail that often results in a loss of the book's dramatic and emotional impact.

Worth seeing?
A few issues aside, The Hunger Games is an exciting, intelligent and beautifully designed sci-fi thriller with a terrific central performance from Jennifer Lawrence. Recommended.

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THE HUNGER GAMES COMPETITION

WIN 2 TICKETS!

For a chance to win 2 tickets, answer the following question:

Q. THE HUNGER GAMES WAS WRITTEN BY WHICH FAMOUS AUTHOR:

A) CS LEWIS

B) JK ROWLING

C) SUZANNE COLLINS

Send your name, address and a contact phone number to **info@chichesterherald.co.uk**. One lucky winner will be selected at random from all correct entries received by midday on Friday 3rd April at midday. The winner will be notified later on that day.

- Last weeks winner is Briony Robinson from Chichester

cineworld CINEMAS

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New Park Cinema's round-up of films this week

CHICHESTER cinema
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TRISHNA, Michael Winterbottom's latest film, has gone the Thomas Hardy route to great moving effect. Tess of the d'Urbervilles forsaking Dorset for India. Tess, or rather Trishna, the daughter of a rickshaw driver, meets Jay, the son of a wealthy developer, and the two fall in love. But will their union be allowed to develop naturally or will their contrasting lives spell disaster? Freida Pinto (Slumdog Millionaire) plays the beautiful Trishna.

Roman Polanski, another strong director who takes relationships apart in his films to great, moving effect, takes on Brooklyn bourgeoisie in Carnage. The film relentlessly skewers middle class hypocrisies by following two New York couples who are uncomfortably brought together by a fight between their children. A civilised attempt to smooth the waters culminates in appalling behaviour far worse than their children's. Carnage stars Kate Winslet, Jodie Foster, John Reilly and Christoph Waltz.

Inspired by a true story about an extraordinary dog in Australia, the award-winning Red Dog has taken the continent by storm. Red Dog lives in a wild, desolate place, where workers sweat, drink and fight. They all have a story to tell about Red Dog, now drawing his last breaths. This funny, romantic heart-warming drama is one of the top ten Australian films of all time, a must see.

Chichester Festival Theatre: Kiss Me, Kate casting announcement

Alex Bourne, Hannah Waddingham, David Burt and Clive Rowe have been confirmed to join the cast of Kiss Me, Kate at Chichester Festival Theatre this summer, alongside Adam Garcia whose casting has already been announced.

Kiss Me, Kate is at Chichester Festival Theatre from 18 June-1 September, 7.30pm (except for Press Night, Wednesday 27 June at 7pm), matinees 2.15pm.

To book, go to cft.org.uk or contact the Box Office on 01243 781312.

April sky diary 2012

By PETER LITTLEJOHNS

THE BRILLIANT Venus now sets around midnight and, at the start of April, passes through the edge of the Pleiades star cluster (also known as the Seven Sisters). It changes its shape from full phase to crescent as it gets closer to the Earth, and the Moon is nearby on the 25 April.

The red planet Mars will be visible all night in the constellation of Leo. The Earth-Mars distance is increasing, making it slightly dimmer but still unmistakable.

April will be the last chance for a few months to see the giant planet Jupiter and its four Galilean Moons as it sinks into the western twilight soon after 10pm.

The lovely ringed Saturn is also visible all night in the constellation of Virgo. It is the largest of the [illegible] as a family of [illegible] or moons, the largest being Titan which is slightly bigger than the planet Mercury and can be found in a modest telescope. The Cassini-Huygens probe has discovered that Titan has lakes of liquid methane and possibly active volcanoes.

There are two main Meteor showers this month. The first one peaks on the 22 April with around five to ten meteors per hour diverging from fairly low in the southeast. The second peaks on the 22-23 April with 15 or more bright shooting stars an hour from low down in the northeast.

Planetarium Shows and Dates - April 2012

Sunday 01	3.30pm	Destination Mars the Red Planet
Tuesday 03	7.30pm	Springtime Stars, Moon and Planets
Thursday 05	3.30pm	The Night Sky This Easter
Friday 06	7.30pm	The Easter Full Moon
Monday 09	3.30pm	All Aboard – A Tour of the Planets
Tuesday 10	7.30pm	The Last Night of the Titanic
Wednesday 11	3.30pm	The Last Night of the Titanic
Friday 13	7.30pm	The Last Night of the Titanic
Saturday 14	7.30pm	The Last Night of the Titanic
Sunday 15	3.30pm	The Last Night of the Titanic
Friday 20	7.30pm	The Northern Lights
Friday 27	7.30pm	Saturn, Lord of the Rings

Tickets: Adults £6.00, Children £4.00. Tickets are available to callers at the Tourist Information Centre, South Street, Chichester. Alternatively please phone 01243 774400 or ticket hotline 07828 297292 to reserve your tickets. Payment by cash or cheque only, on the day.
A map showing our location can be found at: www.southdowns.org.uk

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CASUALTY
BBC1, 9 10pm

Jordan's date with Yvonne at pub on hold when a former ED patient collapses in pain after being arrested for assaulting Lloyd. The incident thousand the pair's blossoming relationship as it becomes apparent one of them may be half accountable for the unreal man being ill in a cell. Meanwhile a 14-year-old girl gives birth at home and her sister paints the unwanted baby in Jeff and Dawn's ambulance. Linda and Zoe nail encounter the teenager while on a night out, and are quickly sobered by the realisation that she is [illegible] and in need of urgent medication. The cast includes Michael French, Suneira Sarfraz and Christine Tremarco.

BBC1

6.00 Breakfast. 10.00 Saturday Kitchen Live. 11.30 The Late Late Kitchen Cooking with Rachel Allen (R) 12.00 BBC News, Regional News, Weather. 12.15 Football Focus. 1.00 British Olympic Dreams. 1.30 World Olympic Dreams. 2.00 Ranger Hunt. (R) 3.00 Cash in the Attic (R) 3.45 You Are the Weakest Link. Quiz. 4.30 Crufts Dog Show. 5.10 BBC News Regional News, Weather. 5.30 A Question of Sport. Guests include Shane Williams and John Barnes. (R)

8.00 **Winter Wipeout Celebrity Special.** With Terry Christian, Sophie Anderton and Peter Stringfellow. Last in the series.

7.30 **The Voice UK.** Holly Willoughby and Reggie Yates present the singing contest, in which coaches Tom Jones, Jessie J, Will.i.am and Danny O'Donoghue seek out the nation's best vocal talent.

8.30 **The National Lottery: In It to Win It.** Quiz show, hosted by Dale Winton. Includes the Lotto and Thunderball draws.

9.10 **Casualty.** Jordan's date with Yvonne is put on hold.

10.00 **BBC News. Weather.**

10.20 **Match of the Day.** Including highlights of Wolverhampton Wanderers v Bolton Wanderers, National League Lyons.

11.00 **The Football League Show.** Highlights of today's games in the Championship, League One and League Two.

1.00 Weatherview. 1.10 BBC News.

BBC2

6.00 Cbeebies. 7.00 CBBC. 12.00 Coast. (R) 12.30 Film Rocket (1954) Historical drama, starring Richard Burton and Peter O'Toole. 2.45 Film All for Love (1999) Romantic drama starring Jean-Marc Barr and Anna Friel. 4.10 Pig It. 5.10 Match of the Day Live. Blackpool v Southampton (Kick-off 5.25pm).

7.30 **Dad's Army.** Captain Mainwaring discovers he's not a commissioned officer. (R)

8.00 **Ree Dee Made Me English.** Diarmaid MacCulloch concludes his investigation into the nature of Englishness, starring the roles of ethnicity and religion in determining nationality. Last in the series.

8.00 **World's Got Old News for You.** Guest host Chris Addison joins regulars Nish Kumar and Paul Merton, as well as panellists James Blunt and Nick Reerden, for the satirical current affairs quiz. (R)

9.30 **Arena: Jonathan Miller.** Profile of Hummel, opera director, polymath and jester Jonathan Miller.

11.00 **The Zoo in Winter.** Jonathan Miller fantasises about the lives of the inhabitants of ZSL London Zoo. (R)

11.45 **The Sarah Millican Television Programme.** The comedienne talks puberty after fashion TV with Sarah Beeny and Julien Macdonald. (R)

12.15 Film: The Sitting Sea (2002) Portfolio. Crime thriller starring Ida Kaminska. 2.00 Close.

ITV1

6.00 GTV Mini GTV. 7.25 GTV. 9.25 ITV News. 9.30 The Jeremy Kyle Show. USA. 10.25 The Jeremy Kyle Show. USA. 11.25 This Morning. Saturday. 12.25 Murder She Wrote. (R) 1.25 ITV News Weather. 1.40 Film: A Cinderella Story. (2004) Romantic comedy starring Hilary Duff and Chad Michael Murray. 3.35 Film: Keeping Mum. (2005) Comedy. Pre-release. with Mr Gleeson and Jamie Lee Curtis. 5.25 Regional News. Weather. 5.50 ITV News. Weather.

8.00 **Ree You as Been Framed!** Featuring cute children.

8.00 **Beat of Harry Hill's TV Burp.** Classic clips including Harry dancing for longer.

7.00 **All Star Family Fortunes.** Davenport Abbey's Lesley Nicol and comedian Ed Byrne star part Last in the series.

8.00 **Britain's Got Talent.** Ant and Dec present the search for British talent.

9.00 **Take Me Out.** A company manager an events consultant, a motorbike enthusiast and an estate agent impress 30 single women, over last weeks couples up on their dates. Paddy McGuinness presents.

10.20 **ITV News. Weather.**

10.35 **Film: Forgetting Sarah Marshall** (2008) Romantic comedy, starring Jason Segel and Kristen Bell.

12.30 Tim Zeals Interactive gaming. ITV News Headlines. 3.00 In Plain Sight Mary is interviewed by a psychiatrist. (R) 3.45 TV Nightmares. 5.30 ITV retiring News

Channel 4

6.00 The Fosters (R) 6.30 The Hosts. (R) 7.00 The Great 228 FIM World Speedbikes. 7.50 Channel 4 Presents – 2012: Indy Cundy Part Ten. (R) 7.55 The Meaning Line 8.55 T4 Facts Pop 9.25 T4 The Wanted Backstage in Brazil (R) 10.00 T4 Charles Angels 10.55 T4 Come Dine with Me. Heidi. (R) 11.25 Come Dine with Me (R) 11.55 T4 The Big Bang Theory (R) 12.25 T4 The Big Bang Theory (R) 12.55 T4 The Simpsons (R) 1.25 T4 The Simpsons (R) 1.55 Channel 4 Racing. 4.00 Channel 4 Presents – 2012: Ellie Simmonds – Part Two How the Real Olympic swimming gold medallist copes with pressure. (R) 4.55 Come Dine with Me (R) 5.25 Come Dine with Me (R) 6.15 Come Dine with Me (R) 6.55 Come Dine with Me (R)

5.15 **Channel 4 News.**

6.00 **4thought.tv.** A mixture of the public themselves and Irish comedian Patrick McGrath on religion.

6.00 **FILM Avatar** (2009) A paraplegic marine is sent undercover as he seek tribe to spy for a corrupt mining executive. James Cameron's sci-fi adventure, with Sam Worthington and Zoe Saldana.

10.00 **The Million Pound Drop Live.** Quiz show presented by Davina McCall.

11.35 **FILM Alfie** (2004) Comedy drama remake, starring Jude Law.

1.30 Film: Last Days (2004) Drama, starring Michael Pitt. 3.10 Josh Brand erotic title. (R) 3.20 Welcome to Eternity. (R) 3.25 Franklin & Bash. 4.05 Privileged. (R) 4.45 90210. (R) 5.25 Countdown. (R)

Channel 5

6.00 Milkshake! Peppa Pig. 6.05 Diary of a Wimpy Kid. (R) 6.15 Fifi and the Flowertots. (R) 6.25 City of Friends. (R) 6.35 Harry and His Bucket Full of Dinosaurs. (R) 6.50 Castle Farm. (R) 6.55 Igam Ogam. (R) 7.05 Postman Pat and Custard Pie. (R) 7.15 Barnaby the Bear in Pyjamas. (R) 7.30 Family Fun. 7.35 Make Way for Noddy. (R) 7.45 Milkshake! Monkey. (R) 7.55 Bert and Ernie's Great Adventures. (R) 8.00 Little Princess. (R) 8.15 The Adventures of Bella Top. (R) and He Said Pearl Corky. (R) 8.25 Angelina Ballerina. (R) 8.50 Super Duper. (R) 9.00 Milkshake! Show Songs. 9.30 Ben and Holly's Little Kingdom. (R) 9.15 The Mr Men Show. (R) 9.25 Diary of the Racing Car. (R) 9.50 Meet the Ageing Gang. (R) 10.00 Hole Hollywood. (R) 10.10 Grey's Anatomy. (R) 11.00 Big Body Squad. (R) 12.00 Emergency Beach. (R) 1.00 Cowboy Builders. (R) 2.00 Film: Winnie the Pooh: Springtime with Roo. (2004) Animated adventure with the voices of Jim Cummings. 2.00 Film: High School Musical 3: Senior Year. (2008) Teen musical, also starring Zac Efron and Vanessa Hudgens. 5.25 5 News. 6.30 Film: Mrs Doubtfire. (1993) Comedy with Robin Williams.

8.00 **Once Upon a Time.**

8.00 **FILM Rush Hour 2.** (2001) Action comedy sequel starring Jackie Chan and Chris Tucker.

10.00 **FILM In Hell** (2003) Adventure with Jean-Claude Van Damme.

12.25 The Writer of Stupid Criminals. (R) 1.05 Supercarbods. 4.00 The Fbi: Files (R) 4.50 Rough Guide to Berlin. (R) 5.00 Hank's Helpline. (R) 5.10 The Milkshake! Show. (R) 5.20 Thomas & Friends. (R) 5.35 Rusty the Racing Car. (R)

Digital

ITV2
3.00 American Pie 2. 4.45 Film: E.T. The Extra-Terrestrial. (1982) 8.00 Celebrity Gogglebox. 9.00 Britain's Got More Talent. 10.00 One Direction: The Hot Desk. 10.20 Take Me Out – The Bootlip. 11.20 Celebrity Juice. 12.20 Totally Bonkers Guinness World Records.

ITV3
2.00 Film: Calamity Jane. (1953) 4.00 Rosemary & Thyme. 5.40 A Touch of Frost. 8.00 Doc Martin. 9.00 Foyle's War. Foyle's son disappears. Last in the series. 11.00 Those Who Kill.

ITV4
3.10 Film: Spartacus. (1960) 7.00 The Sweeney. 8.00 Rescue Builders. 9.00 An Audience with Billy Connolly: The Big Yin entertains a celebrity crowd. 10.10 Film: Full Metal Jacket. (1987)

BBC THREE
2.00 Doctor Who. 2.40 Doctor Who: Confidential. 3.00 Top Gear. 9.00 Film: Anchorman: The Legend of Ron Burgundy. (2004) Newsroom comedy starring Will Ferrell. 11.35 World Series of Darting. 1.05 Family Guy. 11.50 American Dad!

BBC FOUR
2.00 Last Cities of the Ancients. 9.00 Merely Dan's William Cabaret. 9.30 Imperial Metallurgy. The vehicular heavens can crash was no accident. 10.55 Top of the Pops: 1977. 2.00 Last Cities of the Ancients.

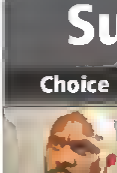
E4
1.30 Hollyoaks. 4.15 Rules of Engagement. 4.35 Sirens. 5.35 The Big Bang Theory. 7.00 How I Met Your Mother. 7.30 Rules of Engagement. 8.30 Happy Endings. 8.00 Film: Broken Arrow. (1996) Action thriller with John Travolta and Christian Slater. 11.10 The Big Bang Theory.

FILM4
2.40 Akeelah and the Bee. (2006) 4.50 Just My Luck. (2006) 6.45 The Princess Diaries. (2001) 9.00 Jumper. (2008) Fantasy thriller, starring Hayden Christensen. 10.45 Rematch. (2007)

Sunday TV

findmetv
"Without a doubt the best and easiest to use TV guide on Apple's mobile. The interface is superb" T3 App Chart
Available on the App Store

Choice



PERSPECTIVES: LENNY HENRY – FINDING SHAKESPEARE
ITV1 10.15pm

In 2008 Lenny Henry made his debut as Othello at the West Yorkshire Playhouse. Henry's performances was hugely praised and the production transferred to the West End. More recently he's starred in the National Theatre's acclaimed take on The Comedy of Errors. Hill had going for a guy who once claimed he had a help-assisted version in Shakespeare, especially his "gobble-de-gook" language. Now Henry wants the rest of us to embrace the Bard just as he's done and he teams a start by hosting this documentary.

BBC1

6.00 Breakfast. 7.25 Match of the Day. (R) 8.00 The Andrew Marr Show. 10.00 The Big Questions. 11.00 Country Treks. (R) Weather for the Week Ahead. 12.00 Sunday Politics. 1.00 EastEnders. 2.30 Ranger Hunt. (R) 3.00 Escape to the Country. (R) 4.00 Antiques Roadshow. 4.30 Titanic with Ian Gardiner. (R) 5.00 Land Girls. (R)

6.35 **BBC News. Regional News. Weather.**

7.00 Countryfile. Matt Baker visits a family farm in County Durham while Julia Bradbury learns about a killer project on the moors and improvements to the Peak District cleanliness.

8.00 **Antiques Roadshow.** Fiona Bruce and the team head to the All England Lawn Tennis and Croquet Club in Wimbledon, where items of interest include a valuable broom and one of John McEnroe's rackets.

9.00 **Silent Witness.** New series. Part one of two. Article murder leads the team to the work of a known serial killer.

10.00 **BBC News. Regional News. Weather.**

10.25 **Room 101 – Extra Storage.** With Alfie Cooper, Chris Tarrant and Chi & Pelham.

11.00 **The Syndicate.** Drama about a group of lottery winners, starring Timothy Spall. (R)

12.00 The Sky at Night. 12.35 Weatherview. 12.50 Sign Zone. Armando's Tale. 1.00 Charles Dickens. (R) 1.30 Holby City. (R) 2.30 One Night. (R) 3.30 BBC News.

BBC2

6.00 Cbeebies. 7.00 CBBC. 10.00 Saturday Kitchen Best Bites. 11.30 Film: A Ier Texas (1963) Comedy Western starring Dean Martin and Fess Parker. 1.30 Film: It Met By Moonlight (1957) Fact-based Second World War thriller starring Dirk Bogarde. 3.00 Film: The Wind and the Lion (1975) Period adventure, with Sean Connery. 5.00 Pig It. (R)

8.00 **TOTP2: Get Groups.** Archive performances by some of the most popular all-girl groups to have appeared on the show, including the Supremes, Spice Girls and the Pointer Sisters. (R)

7.00 **Benidorm.** Three celebs face the prospect of killing the enemy. Previously shown on BBC4.

9.00 **The Best of Top Gear.** Another collection of highlights from the show's 17th star 18th series, in which Jeremy Clarkson, Richard Hammond and James May put up to more motoring mischief.

8.00 **The Fabulous Legacy with Max Hastings.** The 1982 Falklands enduring influence.

00.00 **Match of the Day 2.** Including highlights of Newcastle United v Liverpool.

11.00 **Twenty Twelve.** Part one of two. The upset discovers controversy following the Olympic Deliverance team returns. (R)

11.30 **FILM Michael Collins.** (1996) Fact-based political drama, starring Liam Neeson.

1.35 BBC News. 3.30 Close.

ITV1

6.00 GTV Mini GTV. 7.25 GTV. 9.25 ITV News. 9.30 Ads in Britain. (R) 10.30 May the Best House Win. (R) 11.30 Dominoes New Deal. (R) 12.30 ITV News. Weather. 12.35 You've Been Framed! (R) 1.05 Britain's Got Talent. (R) 2.00 Film: Columbo: A Case of Immunity. (1975) Detective drama starring Peter Falk. 3.40 Midsomer Murders. (R) 5.40 Regional News. Weather. 5.55 ITV News. Weather.

6.00 **FILM Harry Potter and the Half-Blood Prince** (2009) Fantasy adventure sequel, with Daniel Radcliffe.

8.00 **Titanic.** Muriel Bailey grows tired of her husband Alfred's fawning and reveals she knows a secret. News the Earl, votes engineer Ben Maloney meets a passenger who unsettles his ado.

10.00 **ITV News at Ten. Weather.**

00.05 **Perspectives: Lenny Henry – Finding Shakespeare.** The comedian charts his changing relationship with the bard, from finding his words boring as a child to starring in productions of Othello and The Comedy of Errors.

11.05 **Premiership Rugby Unions.** Gareth Davies presents action from the News features including Leicester Tigers v Worcester Warriors, Bath v Northampton Saints and Saracens v Harlequins.

12.00 The Zeals: ITV News Headlines. 2.30 Real Ministers. (R) 3.20 ITV Nightscreen. 5.30 ITV Morning News.

Channel 4

6.10 The Hosts. (R) 6.55 The Hosts. (R) 7.00 The Great 228 FIM World Speedbikes. 7.50 Channel 4 Presents – 2012: Indy Cundy Part Ten. (R) 7.55 Sailing: America's Cup Uncovered. (R) 8.00 Everybody Loves Raymond. (R) 8.30 Everybody Loves Raymond. (R) 8.55 Frasier. (R) 9.25 Frasier. (R) 10.00 Sunday Brunch. 12.00 The Big Bang Theory. (R) 12.30 The Big Bang Theory. (R) 1.00 The Simpsons. (R) 1.30 The Simpsons. (R) 2.00 Film: Addams Family Values. (1993) Comedy sequel, starring Anjelica Huston and Raul Julia. 3.45 Film: Aliens in the Attic. (2009) Family Childrens sci-fi comedy, starring Carter Jenkins. 5.20 Time Team.

8.00 **Deal or No Deal.**

8.25 **Channel 4 News.**

7.55 **4thought.tv.** A member of the public discusses living away from mainstream religion.

8.00 **Dicmbra at Her Way Bbpp Sink.** An investigation into why maritime catastrophes still occur.

8.00 **Homeland.** The CIA tracks down Abbot before she reaches Mexico, while Carrie and Brody grow extra – only for a shock to hit her part in perpetrator their relationship.

00.10 **FILM: Sorority Row.** (2009) Drama and Crime. Horror remake starring Briana Evigan.

12.05 Film: The Descent. (2005) Horror, starring Shauna Macdonald and Natalie Mendoza. 2.05 Film: Sx2: Cray Fish Dust. (2004) Drama, starring Valeria Bruni-Tedeschi and Stephane Freiss. 3.20 Meeting Helen. (R) 3.55 Honeymoon. (R) 4.00 Hollyoaks. (R)

Channel 5

6.00 Milkshake! Peppa Pig. 6.05 Diary of a Racing Car. (R) 6.15 Fifi and the Flowertots. (R) 6.25 City of Friends. (R) 6.35 Harry and His Bucket Full of Dinosaurs. (R) 6.50 Castle Farm. (R) 6.55 Igam Ogam. (R) 7.05 Postman Pat and Custard Pie. (R) 7.15 Barnaby the Bear in Pyjamas. (R) 7.30 Family Fun. 7.35 Make Way for Noddy. (R) 7.45 Milkshake! Monkey. (R) 7.55 Bert and Ernie's Great Adventures. (R) 8.00 Little Princess. (R) 8.15 The Adventures of Bella Top. (R) and He Said Pearl Corky. (R) 8.25 Angelina Ballerina. (R) 8.50 Super Duper. (R) 9.00 Milkshake! Show Songs. 9.30 Ben and Holly's Little Kingdom. (R) 9.15 The Mr Men Show. (R) 9.25 Diary of the Racing Car. (R) 9.50 Meet the Ageing Gang. (R) 10.00 Hole Hollywood. (R) 10.10 Grey's Anatomy. (R) 11.00 Big Body Squad. (R) 12.00 Emergency Beach. (R) 1.00 Cowboy Builders. (R) 2.00 Film: Winnie the Pooh: Springtime with Roo. (2004) Animated adventure with the voices of Jim Cummings. 2.00 Film: High School Musical 3: Senior Year. (2008) Teen musical, also starring Zac Efron and Vanessa Hudgens. 5.25 5 News. 6.30 Film: Mrs Doubtfire. (1993) Comedy with Robin Williams.

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8.00 **FILM Rush Hour 2.** (2001) Action comedy sequel starring Jackie Chan and Chris Tucker.

10.00 **FILM In Hell** (2003) Adventure with Jean-Claude Van Damme.

12.25 The Writer of Stupid Criminals. (R) 1.05 Supercarbods. 4.00 The Fbi: Files (R) 4.50 Rough Guide to Berlin. (R) 5.00 Hank's Helpline. (R) 5.10 The Milkshake! Show. (R) 5.20 Thomas & Friends. (R) 5.35 Rusty the Racing Car. (R)

Digital

ITV2
3.30 All Star Family Fortunes. 4.00 Film: Dennis. (1998) 5.55 The Cube. 6.55 Britain's Got Talent. 9.00 Britain's Got More Talent. 10.00 Benidorm. Mick discovers a bomb about Maggie's husband-to-be. 11.50 Film: Hatfiled & The Bassett Army. (2005)

ITV3
9.00 An Audience with Cliff Richard. 4.45 An Audience with Dame Peter. 8.00 Agatha Christie's Poirot. 9.00 Film: The Wishes of Eastwick. (1997) Fantasy comedy, starring Jack Nicholson. 11.15 Cracker.

ITV4
11.30 Live British Touring Car Championship. The opening round of the season from Brands Hatch. 8.00 The Sweeney. 7.00 Premier 360 Premiership Rugby Union 9.00 Film: Play Misty for Me. (1971) Psychological thriller directed by and starring Clint Eastwood. 11.10 Film: The Long, Hot Blodengirl. (1958)

BBC THREE
2.00 The World Of. 8.20 Film: Beastmaster. (2010) Drama, starring Ismael Sukey. 10.00 Families. 10.30 Family Guy. 11.10 American Dad!

BBC FOUR
2.00 The Pharaoh Who Conquered the Sea. 6.00 The Man Who Discovered Egypt. 9.00 Madness on Wheels: Rallying's Craziest Years. The motorsport's Group B era. 10.00 Film: City of Life and Death. (2009)

E4
5.10 Sam Enis. 4.10 Ugly Betty. 8.05 95.10 Miami enthusiasm is herself while trying to get over Austin. 8.00 Desperate Housewives. 11.00 Skins.

FILM4
2.45 Assassins. (1995) 4.45 Stardust. (2007) 7.10 The Seeker: The Dark Is Rising. (2007) 9.00 Sleeping with the Enemy. (1991) Thriller, starring Julia Roberts. 10.35 Donkey Punch. (2008) Thriller, starring Jaime Winstone.

Monday

BBC1
6.00 Breakfast 9.15 Animal 24.7 10.00 Homes Under the Hammer (R) 10.45 News Weather 11.00 My Word Deal 11.30 Cash in the Attic BBC News Weather 12.18 Bargain Hunt (R) 1.00 BBC News Weather 1.30 Regional News Weather 1.45 Doctors 2.10 Escape to the Country 3.00 BBC News Weather Regional News 3.45 CBBC 5.15 Pontiac (R) 6.00 BBC News Weather 6.30 Regional News Programmes Weather 7.00 The One Show 7.30 Gang Gaze the Theory BBC News Regional News 8.00 EastEnders 8.30 The Great Apprentice Scandal Panorama 9.00 Silent Witness 10.00 BBC News 10.30 Regional News Weather 10.35 A Question in Sport 11.00 Late Kick Off 11.30 The Eide 12.05 Film Lawn Dogs (1997) Drama starring Mischa Barton and Sam Rockwell 1.40 Weatherview 1.55 Sign Zone Wild Abru Pandas (R) 2.00 One Night (R) 3.00 Antiques Road Trip (R) 4.30 BBC News

BBC2
6.00 CBeebies 7.00 CBBC 8.30 CBeebies 11.30 Film Red Planet (1971) Crime drama starring Stanley Baker 1.10 Animal Park 2.10 To Buy or Not to Buy (R) 3.00 Helicopter Heroes (R) 3.40 Flog It (R) 4.30 Breakaway 5.10 Put Your Money Where Your Mouth Is 6.00 Just a Minute 6.30 Eggheads 7.00 Castle Commando 8.00 Celebrity Eggheads 9.00 Mersey 8.30 The Little Ferry Kitchen Cooking with Rachel Khoo 10.0 Modern Spies 10.50 Made the Week (R) 10.30 Newsnight Weather 11.20 Film The Human Factor (1979) Espionage thriller starring Nicol Williamson 1.10 BBC News 4.30 The Super League Show 5.00 Class

ITV1
6.00 Daybreak 8.30 Loraine 8.55 The Jeremy Kyle Show 10.30 The Morning 12.30 Loose Women 1.00 ITV News Weather 1.05 Regional News Weather 2.00 60 Minute Makeover 3.00 Dickinson's Real Deal (R) 3.00 Regional Weather 4.00 Midsomer Murders (R) 5.00 The Chase (R) 5.30 Regional News Weather 6.00 ITV News Weather 7.00 Emmerdale 7.30 Coronation Street 8.00 The Cube (R) 8.00 Comedian Street 8.00 The Date 9.30 Comedian Street 10.00 Scott & Bailey 10.00 ITV News at Ten Weather 10.20 Regional News Weather 10.35 The Agency 11.00 Midsomer Murders Mayday (R) 11.35 Piers Morgan's Life Stories Ryan Mann (R) 12.35 The Zane ITV News Headlines 2.30 Champions League Weekly 3.00 ITV Nightcast 4.30 The Jeremy Kyle Show (R) 5.30 ITV Morning News

Channel 4
5.15 The Hooks (R) 6.40 Homes Under the Hammer (R) 7.05 Freshly Squeezed 7.35 According to Jim 8.00 According to Jim 8.30 Everybody Loves Raymond (R) 9.00 Frasier (R) 9.30 Fraser (R) 10.00 The Big Bang Theory (R) 10.30 The Big Bang Theory (R) 11.00 The Secret Millionaire USA (R) 12.00 Channel 4 News Summary 12.05 Peking Mad with Eric Lanlard 12.35 River Cottage Eats (R) 12.45 Film The Quiet Man (1952) Drama 3.10 Countdown 4.00 Deal or No Deal 5.00 Come Dine with Me 5.30 Four in a Bed 6.00 The Simpsons (R) 6.30 Hollyoaks 7.00 Channel 4 News 7.25 Alphaughts 8.00 Damien Hirst: The First Lunk 9.00 Embarrassing Bodies 10.00 Ramsay's Kitchen Nightmares USA 11.00 Homeland (R) 12.10 Random Acts 12.15 Damien Hirst: Thoughts Work Life 1.05 Death Row (R) 2.45 Film Near De Ainne (2004) Crime thriller starring DMX 3.30 Fashion a Rash (R) 4.15 Privileged (R) 4.45 902-9 Jim 5.35 Countdown (R)

Channel 5
6.00 Milkshake! 9.15 The Wright Stuff 11.10 LIVE with Gabby 12.10 News Lunchtime 12.15 Landing The Hustle Sixty (R) 1.15 Home and Away 1.30 Neighbours 2.15 The Mentalist (R) 3.10 Film Defending Our Kids The Julie Posey Story (2003) Premiere Factual-based drama starring Anne Pells 6.00 5 News at 5 6.30 Neighbours (R) 6.00 Home and Away (R) 7.30 5 News at 8 7.00 Cowboy Builders (R) 5 News Update 8.00 Ultimate Police Interceptors Nick and the team track down the chief 5 News at 9 9.00 Film Little Nicky (2000) Comedy fantasy starring Adam Sandler 10.55 Film Anger Management (2003) Comedy starring Jack Nicholson and Adam Sandler 12.50 Hawaii Five-0 (R) 1.50 SuperCasino 2.00 House Doctor (R) 4.20 Wildlife SOS (R) 5.10 HouseBusters (R)

Tuesday

BBC1
6.00 Breakfast 9.25 Animal 24.7 10.00 Homes Under the Hammer (R) 10.45 News Weather 11.00 My Word Deal 11.30 Cash in the Attic BBC News Weather 12.18 Bargain Hunt (R) 1.00 BBC News Weather 1.30 Regional News Weather 1.45 Doctors 2.10 Escape to the Country (R) 3.00 BBC News, Weather Regional News 3.00 CBBC 5.15 Pontiac (R) 6.00 BBC News Weather 6.30 Regional News Programmes Weather 7.00 The One Show 7.30 EastEnders BBC News Regional News 8.00 Nelly City (R) 8.00 The Syndicate 10.00 BBC News 10.25 Regional News Weather National Lottery Update 10.30 Who Do You Think You Are? (R) 11.30 Lionel Richie at the BBC (R) 12.20 Weatherview 12.25 Sign Zone The Apprentice (R) 1.30 One Night (R) 3.20 We Want Sleep (R) 3.30 Film Britain's First Pools Album (R) 3.40 BBC News

BBC2
6.00 CBeebies 7.00 CBBC 8.00 CBeebies 11.30 Film Tiger Boy (1963) British thriller, starring John Mills 1.10 Animal Park 2.10 To Buy or Not to Buy (R) 3.00 Helicopter Heroes (R) 3.40 Flog It (R) 4.30 Breakaway 5.10 Put Your Money Where Your Mouth Is 6.00 Just a Minute 6.30 Eggheads 7.00 Race Around the Clock 8.00 The Hairy Bikers Bakeation 9.00 Horizon: How Safe Are We? 10.00 Newsnight 10.30 Newsnight Weather 11.20 What Was The Secret Life of a Superpower (R) 12.20 How God Made Hill English (R) 1.20 BBC News

ITV1
6.00 Daybreak 8.30 Loraine 8.55 The Jeremy Kyle Show 10.30 The Morning 12.30 Loose Women 1.00 ITV News Weather 1.05 Regional News Weather 2.00 60 Minute Makeover 3.00 Dickinson's Real Deal (R) 3.00 Regional Weather 4.00 Midsomer Murders (R) 5.00 The Chase (R) 5.30 Regional News Weather 6.00 ITV News Weather 7.00 Emmerdale 7.30 Countryside Kitchen 8.00 Who Wants to Be a Millionaire? Celebrity With Gabby Logan Weather 10.00 ITV News at Ten Weather 10.20 Regional News Weather 10.35 Piers Morgan's Life Stories Lady Austrias. (R) 12.35 The Zane ITV News Headlines 3.00 Crossing Jordan. (R) 3.45 ITV Hee Sussex 5.30 ITV Morning News

Channel 4
5.20 The House (R) 6.45 Homes Under the Hammer (R) 7.15 Freshly Squeezed 7.40 According to Jim 8.00 According to Jim 8.30 Everybody Loves Raymond (R) 9.05 Frasier (R) 9.30 Fraser (R) 10.00 The Big Bang Theory (R) 10.30 The Big Bang Theory (R) 11.00 The Secret Millionaire USA (R) 12.00 Channel 4 News Midday Summary 12.05 The Fabulous Baker Brothers (R) 12.35 River Cottage Eats 12.40 Film Father Goose (1964) Comedy drama, with Cary Grant and Leslie Caron 4 Presents - 2012: Stephen Mear – Part Two. (R) 3.10 Countdown. 4.00 Deal or No Deal 5.00 Come Dine with Me 5.30 Four in a Bed 6.00 The Simpsons (R) 6.30 Hollyoaks 7.00 Channel 4 News 7.25 Alphaughts 8.00 Supersize vs Superskinny 9.00 The Unbelievables 10.00 Facejacker 10.35 Hs the Road Jack 11.10 Random Acts 11.40 Desperate Housewives 12.10 Film Lethal Weapon 1.30 KOTV Top Weekly 1.45 The Grid (R) 2.30 Sailing America's Cup Uncovered 3.35 Late Night Poker (R) 3.35 FM With Richard Bacon (R) 4.30 Countdown (R) 5.00 Scene of the Sporting Mind: Ultra Running. (R) 4.45 Road to London 2012 Paralympics Extra: Britain's drifting wheelchair teams Last in the series. (R) 5.05 Grudge Match R 3.10 Full Metal Challenge (R)

Channel 5
6.00 Milkshake! 9.15 The Wright Stuff 11.10 LIVE with Gabby 12.10 News Lunchtime 12.15 Landing The Hustle Sixty (R) 1.15 Home and Away 1.30 Neighbours 2.15 CSI: NY (R) 3.10 Film Let Me Call You Sweetheart (1944) Drama starring Meredith Baxter 5.30 5 News at 5 5.30 Neighbours (R) 6.00 Home and Away (R) 7.30 5 News at 8 7.00 Cowboy Builders (R) 5 News Update 8.00 Ultimate Police Interceptors Nick and the team track down the chief 5 News at 9 9.00 Film Little Nicky (2000) Comedy fantasy starring Adam Sandler 10.55 Film Anger Management (2003) Comedy starring Jack Nicholson and Adam Sandler 12.50 Hawaii Five-0 (R) 1.50 SuperCasino 2.00 House Doctor (R) 4.20 Wildlife SOS (R) 5.10 HouseBusters (R)

Wednesday

BBC1
6.00 Breakfast 9.15 Animal 24.7 10.00 Homes Under the Hammer (R) 10.45 News Weather 11.00 My Word Deal 11.45 Cash in the Attic BBC News Weather 12.18 Bargain Hunt (R) 1.00 BBC News Weather 1.30 Regional News Weather 1.45 Doctors 2.10 Escape to the Country 3.00 BBC News Weather Regional News 3.05 CBBC 5.15 Pontiac (R) 6.00 BBC News Weather 6.30 Regional News Programmes Weather 7.00 The One Show 7.30 EastEnders BBC News Regional News 8.00 Waterloo Road 8.00 The Apprentice 10.0 0 BBC News 10.05 Regional News Weather 10.30 The National Lottery Update 10.35 The Lottery Draws 10.40 Season In Football: National Lottery Update. 11.00 The Syndicate (R) 12.30 Weatherview 12.40 Sign Zone Sea Bear 1.10 Waterloo (R) 2.10 One Night (R) 3.10 BBC News Weather

BBC2
6.00 CBeebies 7.00 CBBC 8.30 CBeebies 11.30 Film Skyriders (2006) Romance Sci-fi adventure starring Jesy Pellan 1.00 Sea Hear 1.30 Animal Park 2.10 To Buy or Not to Buy (R) 2.00 Helicopter Heroes (R) 3.40 Flog It (R) 4.30 Breakaway 5.10 Put Your Money Where Your Mouth Is 6.00 Just a Minute 6.30 Eggheads 7.00 The Fisherman's Apprentice with Monty Halls 8.00 Our Food 9.00 Wildly Mormons Beyond Belief 10.00 The Apprentice Youre Fired 10.30 Newsnight Weather 11.20 Grill The Masters 12.20 Medium. (R) 1.45 BBC News 3.10 Cbea

ITV1
6.00 Daybreak 8.30 Loraine 8.20 The Jeremy Kyle Show 10.30 The Morning 12.30 Loose Women. 1.00 ITV News Weather 1.05 Regional News Weather 2.00 60 Minute Makeover 3.00 Dickinson's Real Deal (R) 3.50 Regional Weather 4.00 Midsomer Murders (R) 5.00 The Chase (R) 5.30 Regional News Weather 6.00 ITV News Weather 7.00 Emmerdale 7.30 Les UEFA Champions League. Chelsea v Benfica (Kick-off 8pm) 10.00 ITV News at Ten Weather 10.30 Regional News Weather 10.39 UEFA Champions League Extra Time 11.35 Road Wariors. (R) 12.30 The Zane ITV News Headlines 2.30 Film Touring Car Championship Highlights. 3.45 ITV Nightscreen. 5.30 ITV Morning News

Channel 4
5.10 The Hooks (R) 6.40 The Hooks (R) 7.15 Freshly Squeezed 7.40 According to Jim 8.00 According to Jim 8.30 Everybody Loves Raymond (R) 9.05 Frasier (R) 9.30 Fraser (R) 10.00 The Big Bang Theory (R) 10.30 The Big Bang Theory (R) 11.00 The Secret Millionaire USA (R) 12.00 Channel 4 News Midday Summary 12.05 The Fabulous Baker Brothers. (R) 12.40 Raising Mad with Eric Lanlard. (R) 12.45 Film. Never So Few. (1959) Second World War drama starring Frank Sinatra 3.05 Channel 4 Presents – 2012: Danielle Brisebois – Part Two. (R) 3.10 Countdown. 4.00 Deal or No Deal 5.00 Come Dine with Me 5.30 Four in a Bed 6.00 The Simpsons (R) 6.30 Hollyoaks 7.00 Channel 4 News 7.25 Alphaughts 8.00 Four Rooms. 8.00 One Rem Every Minute 10.45 10 O'Clock Live 10.45 Facejacker (R) 11.30 Hs the Road Jack. 12.10 Random Acts 12.20 Mo Music Weekly Prize Seasons 12.25 Music on 4 Lostprophets. London Live 1.10 Music on 4 Black Cab Sessions. 1.35 Music on 4 The Alarm Disco Box Spotlight. 1.50 Music on 4 Play Justice 2.45 Music on 4 Play Graham Coxon. 2.15 Music on 4 Inca Babies (R) 2.45 Music on 4 Live from Abbey Road (R) 3.30 Life in Pieces (R) 4.25 Lula Fantastic (R) 4.30 Love Tube (R) 4.35 Fast Span Fling. R 4.45 Privileged (R) 5.35 Countdown (R)

Channel 5
6.00 Milkshake! 9.15 The Wright Stuff 11.10 LIVE with Gabby 12.10 News Lunchtime 12.15 Landing The Hustle Sixty (R) 1.15 Home and Away 1.30 Neighbours 2.15 CSI: NY (R) 3.10 Film Let Me Call You Sweetheart (1944) Drama starring Meredith Baxter 5.30 5 News at 5 5.30 Neighbours (R) 6.00 Home and Away (R) 7.30 5 News at 8 7.00 Cowboy Builders (R) 5 News Update 8.00 Ultimate Police Interceptors Nick and the team track down the chief 5 News at 9 9.00 Film Little Nicky (2000) Comedy fantasy starring Adam Sandler 10.55 Film Anger Management (2003) Comedy starring Jack Nicholson and Adam Sandler 12.50 Hawaii Five-0 (R) 1.50 SuperCasino 2.00 House Doctor (R) 4.20 Wildlife SOS (R) 5.10 HouseBusters (R)

Thursday

BBC1
6.00 Breakfast 9.15 Animal 24.7 10.00 Homes Under the Hammer (R) 10.45 News Weather 11.00 My Word Deal 11.30 Cash in the Attic BBC News Weather 12.18 Bargain Hunt (R) 1.00 BBC News Weather 1.30 Regional News Weather 1.45 Doctors 2.10 Escape to the Country (R) 3.00 BBC News Weather Regional News 3.00 CBBC 5.15 Pontiac (R) 6.00 BBC News Weather 6.30 Regional News Programmes Weather 7.00 The One Show 7.30 EastEnders BBC News Regional News 8.00 Watchdog 9.00 Land of the Lost Wolves 10.00 BBC News 10.35 Regional News Weather 10.30 Who Do You Think You Are? (R) 11.30 Film Sma5 Tale, Crooks (1999) Comedy directed by and starring Woody Allen 1.05 Stung Weatherview 1.10 Sign Zone The Great Apprentice Scandal Panorama. (R) 1.40 Countryfile (R) 2.30 Orbit Earth's Extraordinary Journey (R) 3.40 BBC News

BBC2
6.00 CBeebies 7.00 CBBC 8.30 CBeebies 11.30 Film Sinbad the Sailor (1947) Swashbuckling adventure starring Douglas Fairbanks Jr 1.30 Animal Park 2.10 To Buy or Not to Buy (R) 2.00 Helicopter Heroes (R) 3.40 Flog It (R) 4.30 Breakaway 5.10 Put Your Money Where Your Mouth Is 6.00 Just a Minute 6.30 Eggheads 7.00 The Fisherman's Apprentices with Monty Halls 8.00 Our Food 9.00 Wildly Mormons Beyond Belief 10.00 The Apprentice Youre Fired 10.30 Newsnight Weather 11.20 Grill The Masters 12.20 Medium. (R) 1.45 BBC News 3.10 Cbea

ITV1
6.00 Daybreak 8.30 Loraine 8.25 The Jeremy Kyle Show 10.30 The Morning 12.30 Loose Women 1.00 ITV News Weather 1.05 Regional News Weather 2.00 60 Minute Makeover 3.00 Dickinson's Real Deal (R) 3.50 Regional Weather 4.00 Midsomer Murders (R) 5.00 The Chase (R) 5.30 Regional News Weather 6.00 ITV News Weather 7.00 Emmerdale 7.30 Les UEFA Champions League. Chelsea v Benfica (Kick-off 8pm) 10.00 ITV News at Ten Weather 10.30 Regional News Weather 10.39 UEFA Champions League Extra Time 11.35 Road Wariors. (R) 12.30 The Zane ITV News Headlines 2.30 Film Touring Car Championship Highlights. 3.45 ITV Nightscreen. 5.30 ITV Morning News

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Channel 5
6.00 Milkshake! 9.15 The Wright Stuff 11.10 LIVE with Gabby 12.10 News Lunchtime 12.15 Charley Boorman's Extreme Frontiers (R) 1.15 Home and Away 1.45 Neighbours 2.15 NCIS (R) 3.15 Film Murder Most Unlady Like (2004) Mystery starring Megan Ward 5.00 5 News at 5 5.30 Neighbours (R) 6.00 Home and Away (R) 6.30 5 News at 6 6.00 7.00 Holiday Heaven Sn Earth 7.28 Ultimate Police Interceptors 7.00 Live UEFA Europa League Football Atletic Bilbao v Sthalita 04 (Kick-off 8.05pm) 10.00 Film The Glimmer Man (1996) Action thriller starring Steven Seagal 12.55 Hawaii Five-0 (R) 12.00 SuperCasino 4.00 House Doctor (R) 4.20 Wildlife SOS (R) 5.10 HouseBusters (R)

Friday

BBC1
6.00 Breakfast 9.40 Animal 24.7 10.45 Homes Under the Hammer (R) 10.45 My Word Deal 11.30 Cash in the Attic (R) 12.00 The Fashion Fanatics Film Britain presents this Good Friday event combining music, dance and drama. 1.00 BBC News Weather 1.05 Regional News Weather 1.15 Film National Treasure Book of Secrets (2007) Adventure sequel starring Nicolas Cage 3.10 Film Cars (2006) Pixar animated adventure with the voices of Owen Wilson and Paul Newman 6.00 Make of this Day Live Ramsay v Weir Ham United (Kick-off 5.15pm) 7.20 BBC News Weather 7.45 Regional News Programmes Weather 8.00 Last Refuge 8.30 Friends with Ian Goodman 9.00 Land of the Lost Wolves 10.00 BBC News 10.10 Regional News Weather 10.20 New Tricks (R) 11.20 The National Lottery Friday Night Draws 11.30 EastEnders 12.05 Weatherview 1.35 Sign Zone Natural World Zambezi (R) 2.30 Antiques Road Trip (R) 3.10 Britain's First Photo Album (R) 3.40 BBC News

BBC2
6.00 CBeebies 7.00 CBBC 8.30 CBeebies 11.30 Film Ring of Fear (1954) Circus-set comedy starring Mitchell Sarnalin 1.10 Animal Park 2.10 To Buy or Not to Buy (R) 3.00 Helicopter Heroes (R) 3.40 Flog It (R) 4.30 Breakaway 5.10 Put Your Money Where Your Mouth Is 6.00 Just a Minute 6.30 Eggheads 7.00 Golf The Masters 8.00 Mastermind 8.30 Gardeners World 9.00 Brick by Brick Rebuilding Our Past 10.00 Newsnight 10.30 Newsnight Weather 11.10 Film Minority Report (2002) Sci-fi thriller starring Tom Cruise 1.30 Film Heaven (2002) Thriller 3.05 BBC News 3.40 Close

ITV1
6.00 Daybreak 8.30 Loraine 8.20 The Jeremy Kyle Show 10.30 The Morning 12.30 Loose Women 1.00 ITV News Weather 1.05 Regional News Weather 2.00 60 Minute Makeover 3.00 Dickinson's Real Deal (R) 3.50 Regional News Weather 4.00 Midsomer Murders (R) 5.00 The Chase (R) 5.30 Regional News Weather 6.00 ITV News Weather 7.00 Emmerdale 7.30 Coronation Street 8.00 Benefits or Bust 9.00 This Is Lionel Richie 11.00 ITV News Weather 11.15 Film Mr Vem Vos (2005) Crime thriller starring Colin Farrell and Jamie Foxx 1.30 The Zane ITV News Headlines 2.40 Film Closing the Ring (2007) Drama starring Shirley MacLaine. 4.35 ITV Nightscreen 5.30 ITV Morning News

Channel 4
6.15 Ski Mas. (R) 6.10 The Hooks (R) 6.45 The Hooks (R) 7.15 Freshly Squeezed 7.40 According to Jim 8.00 According to Jim 8.30 Everybody Loves Raymond (R) 8.45 Frasier (R) 9.10 Fraser (R) 10.00 The Big Bang Theory (R) 10.30 The Big Bang Theory (R) 11.00 The Secret Millionaire USA (R) 12.00 Channel 4 News Summary 12.05 The Fabulous Baker Brothers (R) 12.35 Raising Mad with Eric Lanlard. (R) 12.45 Film. Never So Few. (1959) Second World War drama starring Frank Sinatra 3.05 Channel 4 Presents – 2012: Danielle Brisebois – Part Two. (R) 3.10 Countdown. 4.00 Deal or No Deal 5.00 Come Dine with Me 5.30 Four in a Bed 6.00 The Simpsons (R) 6.30 Hollyoaks 7.00 Channel 4 News 7.25 Alphaughts 8.00 Four Rooms. 8.00 One Rem Every Minute 10.45 10 O'Clock Live 10.45 Facejacker (R) 11.30 Hs the Road Jack. 12.10 Random Acts 12.20 Mo Music Weekly Prize Seasons 12.25 Music on 4 Lostprophets. London Live 1.10 Music on 4 Black Cab Sessions. 1.35 Music on 4 The Alarm Disco Box Spotlight. 1.50 Music on 4 Play Justice 2.45 Music on 4 Play Graham Coxon. 2.15 Music on 4 Inca Babies (R) 2.45 Music on 4 Live from Abbey Road (R) 3.30 Life in Pieces (R) 4.25 Lula Fantastic (R) 4.30 Love Tube (R) 4.35 Fast Span Fling. R 4.45 Privileged (R) 5.35 Countdown (R)

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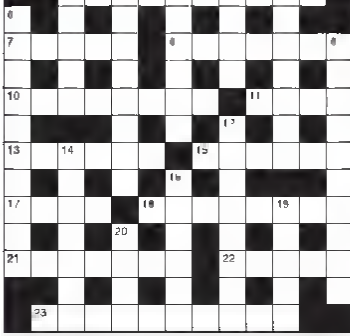
This week's crossword - Clues



Across

1 On the whole (2,3,5)
7 Respond (5)
8 Of pottery (7)
10 Border (8)
11 Dejected (4)
13 Ebb (6)
15 Opposed (6)
17 Standard (4)
18 Serenity (8)
21 Building (7)
22 Bake (5)
23 Stay away from school (4,6)

Down

1 Well done! (5)
2 Posture (8)
3 Edict (6)
4 Area measure (4)
5 Speculater (7)
6 Choice (10)
9 Make amends (10)
12 Hall Mary (3,5)
14 Friendly (7)
16 Rush (6)
19 Proche (5)
20 Very small (4)

Last week's solution

ACROSS 6 BEGU[illegible] QUIET 9 [illegible] STORY TELLER 10 PROVENDER 19 TR[illegible] ELITE [illegible]TY
DOWN 1 DECAY 2 CO[illegible] 3 FL[illegible] PURCHASER 5 DEFENCE 8 REVEAL 11 DEPRAVITY 13 INTONE 14 STARTLE 16 TR TE 18 EDGE, 20 OLD

Food & Drink

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Rosé sales soar as temperature rises!

ASDA has reported that customers have been toasting the recent hot weather with rosé wine, as sales of the pink stuff have increased by 21% compared with last year.

The most popular rose wines have been Californian White Zinfandel and Italian Rose, as well as The Cube rosé in a box which is perfect for ad hoc BBQs.

With great deals on Rose such as Blossom Hill White Zinfandel at £4 and Jacobs Creek Shiraz Rose rolled back from £7.48 to £5.00 – why not make the most of this summery weather with a chilled glass of rose.

Rise in demand for special foods to combat allergies and intolerance

SO MANY Brits now have a food intolerance or allergy that the market for special foods to help sufferers has become one of the fastest growing in the UK.

As many as 25 million people, almost half the UK population, could suffer from food intolerance, according to the charity Allergy UK. The main intolerances are gluten, wheat and dairy products. As a result the Free From food market, as it is known, has grown by 15 per cent in the last year to be worth a staggering £238 million, say independent retail analysts Kantar Worldpanel.

The greatest demand is for dairy-free foods and Tesco will this week become the first UK retailer to offer a comprehensive chilled range including soya milks, spreads, yogurt and desserts.

Tesco Dairy Customer Manager Paul Duszynski said: "Just 10 years ago if you suffered from a food allergy you would have to go out of your way to specialist health shops in order to find dairy, wheat or gluten free foods. There weren't many from which to choose, and they often tasted quite bland.

"Tesco was the first UK retailer to launch a Free From brand back in 2003 and we're proud that we're still leading the way by introducing new products for our customers. People who used to suffer the symptoms of intolerance or allergy in silence can now easily find high quality wheat, gluten and dairy free products when they do their weekly shop."

With the launch of the new chilled dairy-free products there will now be more than 200 lines in the Tesco Free From range.

Included in the new chilled range will be six yogurts; seven desserts, seven milk alternatives; six dairy cheese alternatives and two dairy free spreads. Not only is every product dairy-free but also free from gluten, wheat and egg which makes them suitable for vegetarians and vegans.

Lindsey McManus, Deputy Chief Executive at Allergy UK, the country's leading charity dealing with allergies said: "Often it is the simple everyday foods that sufferers are looking for. We are seeing an increased choice and a wider variety of foods in store specifically for those with food allergies and intolerances.

"Foods that can be picked up with the weekly shop are making what is a difficult job for food allergy and intolerance sufferers, much easier."

Pizzas 'saltier than Atlantic'

A RESTAURANT in Mill Hill has been selling pizza saltier than sea water, according to new research by health organisations.

The research shows that takeaway pizza contains up to two and a half times more salt than the average supermarket pizza.

A pepperoni pizza from the Adam & Eve restaurant in Mill Hill, London contained 10.57grams of salt. The 2.73 grams of salt per 100 grams means the food is saltier than Atlantic seawater, which is 2.5 grams of salt per 100 grams. The restaurant said it has already changed its recipe to make its pizza less salty as a result of the survey.

The survey analysed 100 margherita and pepperoni pizzas, from takeaways, pizza chains and supermarkets across the country. Half of all takeaway pizzas surveyed contained the entire maximum daily recommendation of salt which is six grams.

Manufactured trans fat, which presents a serious health risk and can cause heart attacks and strokes, was found in 84% of the takeaway pizzas.

The target for salt content in pizza set by the Department of Health to be achieved by the end of 2012 is a maximum of 1.25 grams of salt per 100 grams. Only 16% of the takeaway pizzas tested met this target compared to three-quarters of the supermarket pizzas.

The survey by Consensus Action on Salt and Health (Cash) and the Association of London Environmental Health Managers (ALEHM) has been released as part of Salt Awareness Week.

Professor Graham MacGregor, chairman of Cash, said: "The Government is not taking enough action to reduce the amount of salt in the takeaway sector. Salt puts up our blood pressure - the highest risk factor for stroke. Reducing our intake would save thousands of people suffering and dying from a stroke."

Responding to the survey, Gareth Leakey, the group manager of the Adam & Eve restaurant said: "We thank Cash for their advice on the salt content of some of our pizzas, as we were unaware of the salt levels of combinations of certain traditional ingredients.

"As a small independent outlet it's very helpful and rare to have direction on such aspects of nutrition. We were informed of the survey two days ago and we have already changed our recipes and suppliers to lower the amount of salt in our pizzas to within recommended levels."

Companies agree to cut calories

MANY of the country's biggest supermarkets and food industry members have agreed to help cut the nation's calorie intake.

Health secretary Andrew Lansley confirmed that some of the best-known brands and food and drink manufacturers have signed up to a calorie reduction pledge under the Responsibility Deal.

It is hoped that five billion calories can be cut from England's daily diet in a bid to tackle the nation's high rates of obesity.

Examples of initiatives include Asda developing a new reduced-calorie brand, Mars introducing a calorie cap on its chocolate products; and Tesco removing 1.8 billion calories from its soft drinks.

Mr Lansley claimed that consuming too many calories lies at the heart of the nation's obesity problem.

He insisted: "We all have a role to play - from individuals to public, private and non-governmental organisations - if we are going to cut five billion calories from our national diet.

This pledge ... is a great step in the right direction and will help millions of us eat and drink fewer calories.

However, Dr Vivienne Nathanson, head of science and ethics at the British Medical Association, questioned the government's approach.

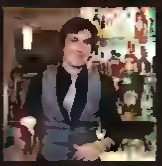
She told the Daily Mail that a "proper framework of regulation is needed to ensure food producers change their advertising practices and reduce the levels of fat and sugar in their products.

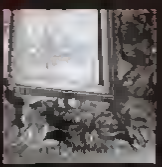
The new place to be...

MARCO

NUMBER ONE NORTHGATE

RESTAURANT BAR TERRACE





Marco's is in the perfect location - close to both the theatre and the centre of town, with a modern and contemporary interior and a fantastic terrace, complete with patio heaters.

Offering a pre-theatre and a set lunch menu from £13.50, along with the A La Carte menu, the restaurant caters for everyone. At the weekends we also offer Breakfasts between 9am and 11.30am, and Sunday Roasts from £14.50.

With an Anglo-Italian cuisine featuring a range of seafood and fresh local produce, you are sure to find something to suit you. Come and join us for an aperitivo or cocktail from our extensive menu, served with complementary canapés every day between 4.30pm and 6.30pm.

We hope to see you soon!

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Fashion

GOT ANY FASHION TIPS?
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Venus Williams relaunches EleVen fashion label

VENUS WILLIAMS has breathed new life into her defunct clothing line, EleVen by Venus Williams, four years after it was forced off shelves after retailer Steve & Barry's went bankrupt.

The new colour-filled athletic range, unveiled for the first time yesterday, features a form-fitting dress, tops, bottoms and crop-top style bras.

A men's range under the same brand will feature T-shirts and shorts.

The former world No 1 tennis player told journalists at Miami's Bath Club that she was inspired by her love for 'art and watercolour', and has incorporated her own original prints into the Spring 2012 collection.

She has also added 'unexpected extras' into her designs, such as a small rose-gold metal charm which dangles from a selection of camisoles and tanks.

Asset management: Debenhams launches cleavage for every occasion

BRITISH WOMEN have revealed that bigger isn't always better ...when it comes to cleavage on the beach, says Debenhams.

Over 00% of women admit to varying their swimwear choice based on who they are holidaying with – maximising or maximising their assets accordingly, be it family, friends or partners.

In response, Debenhams has launched a range of bikinis created to give women optimum cleavage control with three levels of bust-boosting technology.

The new Ultimate range offers Natural, Mega and Extreme looks with a mere fasten of a clasp. And it's making a splash already with sales up 375% last week and the majority of customers buying all three styles of bikini top.

Says Sasha Nagahngham, Swimwear Buyer for Debenhams: "Despite the curvaceous TOWIE ladies bringing the boob-job-look back, women feel their assets should fit the social situation.

"The majority of women said that busts should be played down on family holidays, subtly enhanced on couples' escapes and boosted on girlie trips."

"We wanted to give customers a menu of size options to choose from – a cleavage for every occasion!"

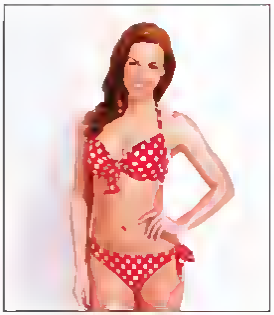
The nautical colour scheme which runs throughout the range enables women to mix and match tops and bottoms. Prices range from £12 to £22.

When asked about the appropriate level of enhancement on a couple's holiday, 63% of women said they wanted to enhance their chests without giving their partner an unrealistic version of their natural size.

Over 85% said that holidaying with their partner's parents was the time when they tried to present as natural a look as possible, and sometimes even minimised larger breasts.

However, when away with girlfriends, 76% of respondents said they went for a larger-than-life look. The number one reason for an extreme boost was competition with friends, closely followed by attracting male attention.

Demand for figure enhancing swimwear has grown enormously in recent years, now making up 55% of the Debenhams swimwear offer.



Ultimate is the latest addition to Debenhams' swimwear solutions range which also provides tummy control swimsuits, Slimsuits, and the Gorgeous fuller bust range.

Stella McCartney unveils Team GB Olympic kit

STELLA MCCARTNEY revealed on Thursday the Union Jack-inspired kit she has designed for the British Olympic team, as athletes paraded it on a catwalk at the Tower of London.

The British fashion designer watched as more than 30 prospective members of Team GB modelled the red, white and blue Adidas kit in the British capital, which hosts the Olympic Games from July 27 to August 12.

McCartney, the daughter of Beatles singer Paul, said the Union Jack was "one of the most beautiful flags in the world"...

It was important for me to stay true to that iconic design but also to modernise it and present it in a contemporary way," added the 40-year old, who worked with the German sportswear maker on the kit for more than two years.

Several athletes said the clothing, which athletes will wear for medal ceremonies, training and relaxation as well as competitions, could help them get a psychological edge.

"All eyes will be watching London 2012 as every little detail matters," said one of Britain's potential medal contenders, triple jumper Phillips Idowu.

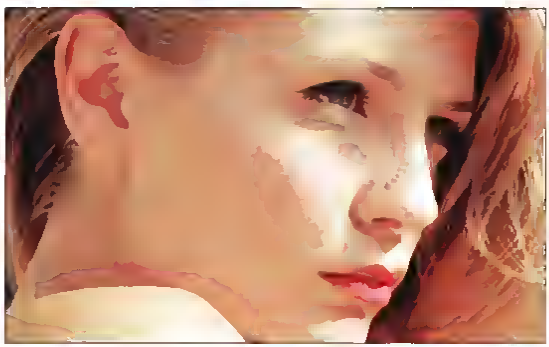
"I love what Stella has done with the design.

"Looking good is psychologically important, but my sprint suit is also technically advanced," he added.

Other athletes were less enthused. "Oh dear, the Olympic kit!" tweeted triple Olympic track cycling champion Bradley Wiggins.

McCartney, a former creative director of the Paris fashion house Chloe, set up her own label in 2001.

Mischa Barton launches shopping website 'Mischa's Place'



MISCHA BARTON has launched her own fashion website.

The actress, who is best known for her role as Marissa Cooper in US drama The OC, has decided to name the fashion collaboration with her mother Nuala 'Mischa's Place'.

On the website, Barton describes her online store as "an eclectic haven of style" and makes reference to her "colourful mixture of styles" and "bohemian" taste.

She writes: "Together with the help of my Mum Nuala, my inspirations are brought to life using elements of my personal style. Our Collection has grown and developed to reflect the consumer and myself over the seasons, whilst maintaining a consistent theme.

"I hope you enjoy my designs and have as much fun wearing them as I did designing them!"

Barton pays fashion homage to the late Michael Jackson, with 'The Michael Military Jacket'.

Mischa's Place, which also features beauty products, cosmetics and accessories, delivers across the UK, US, Canada, France, Spain, Sweden and Germany. There are rumours that Barton hopes to open a London store in Spitalfields soon.

Are you unhappy about the appearance of varicose veins?

Free Information Evening

Thursday 26 April 7pm

Treatment for varicose veins isn't always available on the NHS, but we have a variety of treatments, including non-surgical options, that can help. Find out about these at our varicose veins information evening.

To book your free place, or for further information, call

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info@spireportsmouth.com
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Doing something wonderful!

Denise Kelly

SOMETIMES the world can feel like quite a negative place for many, but I find it heartwarming that there are always people out there willing to help others no matter what. Soldiers, nurses, doctors on the front line, aid workers, etc. It's amazing all the work that goes on unrecognised, because these people simply just care. Personally I think it is good for the soul/karma to do something to help others on a regular basis, whether it be raising money for charity, giving up some time to go and sit with an elderly friend or donating an organ. I have just had a conversation with a friend who is about to do just that. She lives in New Zealand and her Mum is very ill and needs one of her Kidneys. Obviously I was extremely touched by her bravery and courage. The magical bond of love between mother and daughter is incredible and selfless. I certainly like to think I would do the same if I were ever put in this situation.

It got me thinking about what we can all do to help others in a simple, yet powerful way that wouldn't take much time out of our busy lives. That one thing we can all do relatively easily is the donation of blood. So what if you found out that donating blood is actually a good way for us to cleanse our own blood? When your body is forced to quickly replenish the blood cells that are lost, we have not only experienced a blood cleanse, by the blood being taken away, but an energy of fresh, new healthy blood being rebuilt. So it's a win, win situation!

Donating blood could potentially save the lives of many sick people and I think it's quite a heroic thing to do. It will not only reduce the number of people dying, due to lack of blood, but also bring happiness to the family members of victims. There is a growing concern over the number of deaths caused mainly due to lack of blood in the blood banks, so I think the best thing to remember is that just one unit of blood would save three lives!

It's a straight forward process, that when giving blood you will be asked to read a number of leaflets and fill in a Donor Health Check questionnaire and may have a confidential discussion with a nurse. All answers are treated in the strictest confidence. A tiny drop of blood is taken from your fingertip to check the hemoglobin levels and ensure that giving blood won't make the person anemic.

The normal amount to donate is about 470ml of blood, which is quickly replaced by your body. Most people can give blood and if you are generally in good health, age 17to 65 and weigh at least 50kg (7st 12lb) you can donate. There are a few reasons why you may not ha able to give blood and they are relatively straightforward. Things such as feeling unwell, or if you have been on antibiotics. If you have had dental work within the last seven days, or have a heart condition or infection. If you are undergoing medical investigations, or travel a lot outside the UK, or if you have any new piercings or tattoos.

So why would anyone need a blood transfusion? It can be needed to replace blood that's been lost during major surgery, childbirth, a severe accident, or to treat anemia that has failed to respond to other treatments, or to treat blood disorders such

as sickle cells dis-ase.

We can feel very secure here in the UK because blood is very carefully selected and tested to make sure that the blood being donated is as safe as possible. Change a life today. .Give blood www.nhs.uk/conditions/blood-donations or www.blood.co.uk.

Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organisations and has a private practise in Chichester. West Sussex and is the founder of K4 Fit Kidz. Tel 01243 528040 www.denisekelly.co.uk

PM vows to double dementia funding

FUNDING for research into dementia is to be more than doubled by 2015 in a bid to make Britain a world leader in the field, David Cameron has announced.

The Prime Minister declared that tackling the "national crisis" posed by the disease is one of his personal priorities.

He said it is a "scandal" that the UK has not done more to address dementia, which is thought to affect 670,000 people although about 400,000 have not been diagnosed and do not know they have it. The cost to UK society is estimated at £23 billion.

Over the next 10 years, the number with the disease is expected to rise to one million.

Launching a "national challenge on dementia", Mr Cameron set out plans to step up research into cures and treatments and to ensure that the health and social care systems are equipped to deal with the problem.

Hospitals will be given an extra £54 million to assist the diagnosis of the disease. Overall funding for dementia research is to reach £66 million by 2015, from £26.6 million in 2010.

"One of the greatest challenges of our time is what I'd call the quiet crisis, one that steals lives and tears at the hearts of families, but that relative to its impact is hardly acknowledged," he said.

"Dementia is simply a terrible disease. And it is a scandal that we as a country haven't kept pace with it. The level of diagnosis, understanding and awareness of dementia is shockingly low. It is as though we've been in collective denial."

The Prime Minister said that the costs associated with the disease are already higher than those for cancer, heart disease or stroke.

Shirley Cramer, acting chief executive of Alzheimer's Research UK, said Mr Cameron's announcement was an "important step" in recognising and solving the challenge presented by dementia.

Implant scare response 'inadequate'

ACTION by the Government and a health regulator to communicate with women over the PIP breast implants scandal was "inadequate", MPs have said.

The Commons Health Committee pointed to a more than 20-month delay between a safety alert being issued to surgeons over the potentially faulty implants and "urgent action" to gather evidence and communicate with affected women.

Around 47,000 British women are now believed to have been given the implants manufactured by French company Poly Implant Prothese (PIP). They were filled with non-medical grade silicone intended for use in mattresses and have been linked to rupture and swelling in the body.

New evidence in the report said surgeons have experienced "increased difficulty" in removing ruptured implants, which may mean there is a need to recommend they are taken out early. Evidence from one of the clinics also points to women suffering pus, "redness and lumpy, granular tissue", and silicone in the lymph nodes in "one in four to one in five cases".

Even when implants have not ruptured, surgeons taking them out have found a "milky secretion" in 20% to 25% of cases, the report said.

MPs criticised the actions of the Medicines and Healthcare products Regulatory Agency (MHRA) and questioned the Government's response. The MHRA issued an alert in March 2010 telling surgeons they should stop using PIP implants - the CE mark for PIP implants had been withdrawn following concerns raised in France.

The report said no awareness campaign was made to trace affected women and the committee heard from the MHRA's head, Sir Kent Woods, that while he could not guarantee private firms had not continued using the implants, he "sincerely hoped" this had not happened.

Health minister Paul Burstow said the report would be "useful" in strengthening the role of the regulator. "The duty of care which private clinics have is very clear. They need to remove these implants if necessary," he said. "We also need to make sure that the regulator has the teeth to do the job properly in future.

"Where it is clinically necessary the NHS will not only remove but will also replace implants which were originally done privately. For those who had cosmetic procedures, they will need to go back to the private provider who has a duty of care (for replacement implants)."

Speaking about the role of the regulator in the wake of the committee's finding that 20 months elapsed between a safety alert and "urgent action" being taken by the Government, he added: "This is one of the things which we are looking at in terms of the role of the regulator and levels of alert to go through."

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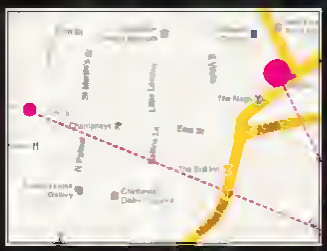

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Business & Money

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Royal Mail to charge 60p for 1st class stamps and 50p for 2nd class after Ofcom loosens price controls

FIRST CLASS stamps will cost 60p and second class stamps 50p following a drastic loosening of controls on the Royal Mail confirmed by Ofcom today

An overhaul of the rules governing Royal Mail, which the Government plans to privatise from 2013, was announced by communications regulator Ofcom and the Royal Mail confirmed the new prices, which come into effect from April 30, soon after

It follows an Ofcom consultation from October which endorsed the removal of price constrictions

First class stamps will rise from 46p to 60p, a rise of 30 per cent, and second class stamps will rise from 36p to 50p, a rise of 39 per cent

The Ofcom changes actually mean Royal Mail can charge as much as it likes for first class stamps, while second class stamps have been capped at 55p at today's prices, rising with inflation – a potential 53 per increase

Other price rises announced by Royal Mail today include the cost of a Large Letter stamp up to 100 grams, which rises from 75p to 90p for First Class and from 58p to 69p for Second Class

Economy shrinks more than expected

THE UK's economy shrank by more than previously thought in the final quarter of 2011, official figures reveal

Gross domestic product (GDP) - a broad measure for the total economy - declined by 0.3%, the Office for National Statistics (ONS) said, downwardly revised from previous estimates of 0.2%.

The ONS said there had been a slight decline in the powerhouse services sector, which was initially thought to have been flat, while household spending was also worse than previously thought

The third and final estimate from the ONS means the UK economy entered 2012 in a worse position than previously thought

However, most economists think the UK will avoid another recession - defined as two quarters of back-to-back contraction - by returning to growth in the first quarter of 2012 after stronger industry data in recent months

The economy is still expected to remain sluggish and lacklustre for the first half of the year at least, as households continue to be squeezed by rising unemployment and as pay fails to keep pace with the rising cost of living

The UK's overall growth for 2011 as a whole was revised down to just 0.7%, having previously been thought to be 0.8%, and way

below long-term growth trends

The Government's independent watchdog, the Office for Budget Responsibility, estimates growth of just 0.8% for 2012.

Howard Archer, economist at IHS Global Insight, said "The sharper than previously reported drop in GDP in the fourth quarter of 2011 is obviously disappointing but it does not fundamentally change the story of an economy that saw fitful and muted overall growth in 2011, with a relapse in activity at the end of the year

"Attention is now firmly focused on whether the economy has returned to growth in the first quarter – and, if it has, can it build on this in still difficult conditions?"

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One of the finest military bands in the world, the Central Band of the Royal Air Force. They will take centre stage for a unique celebration of the Royal families' involvement with the RAF since Her Majesty took to the throne in 1952. This event draws on the wealth of imagery of the Defence Film Library and other departments within the RAF which is specially edited for each piece of music. The spectacle in the sky of the Battle of Britain Memorial Flight, RAF Chinook and other aircraft add a further dimension and a narrative helps reinforce the story.

Please bring your own picnic, but for safety reasons no fires or barbecues are allowed. Hot and cold food and a bar will be available. Seating and cover is not provided so do bring chairs, tables, picnic blankets and umbrellas. Aircraft are subject to weather conditions and serviceability. A Chair has been included in the price which has to be picked up on arrival.

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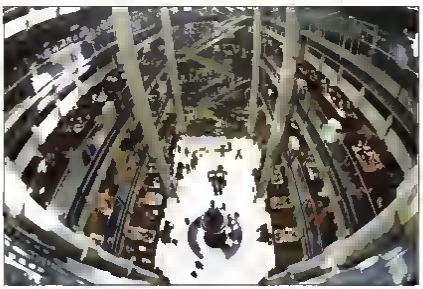
Natural disasters cost Lloyd's dear

EARTHQUAKES, tsunamis and floods pushed Lloyd's of London to a £516 million loss in 2011 as catastrophe claims hit a record high for the 324-year-old insurance market.

Lloyd's, which is made up of 87 underwriting syndicates, saw £12.9 billion of claims last year, including £4 a billion related to natural disasters, such as floods in Australia and Thailand, an earthquake in New Zealand and the tsunami in Japan



The market, which posted a £2.2 billion profit in 2010, said total claims from natural catastrophes for the whole insurance industry in 2011 were 107 billion US dollars (£67 billion) - the second costliest year on record for disasters

Lloyd's chief executive Richard Ward said "Make no mistake, 2011 was a difficult year for the insurance industry."

The company said it was able to make a profit in the second half of the year, despite the flooding in Thailand, but a £607million loss in the first half tipped it into the red

As well as the high number of disasters, Lloyd's has had to cope with challenging investment conditions, resulting in a return of £955 million, compared with £1.3 billion a year earlier

Mr Ward continued "Given the scale of the claims, a loss is unsurprising but it reflects what we're here to do - help communities and businesses rebuild after disaster."

The Lloyd's market has shown in recent years that it is more than able to cope with major catastrophes, including US hurricanes

Among changes to modernise the market, Lloyd's introduced a new franchise structure and phased out the number of Names who backed the market with an unlimited liability.

The specialist market said its central assets stood at £2.4 billion in 2011, broadly flat on the year before, while its reserve surpluses stood at £12 billion.

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Turfing around this spring

Expert advice on turf from local Horticulturalist, Jo Golesworthy

WHO can believe this fantastic weather we're experiencing. This is the time of year that I advise new season lawn care. We all love a lush green lawn, and hopefully your grass is coping well with the dry hast

If you are considering a smal patch of garden, feature area or filling in some gaps that have appeared over winter read on to

> "We all love a lush green lawn, and hopefully your grass is coping well with the dry heat"

find out how to make it work for you... . without any sign of a hose

Ensure that your turf is from a reputable supplier. Make sure it has a good mix of grasses in the turf to cope with varying weather conditions. Check if it is drought tolerant, the quality of the loam (the soil and compost make up), and check it yourself. Have a really good look. If it's full of dead grass, or dry looking loam then walk away.

Preparing your ground for the turf. Clear the ground of any weeds, grass that has clumped and general debris

- A week before laying your turf, sprinkle a general liquid fertiliser on your soil. This will feed the ground ready to take the new turf.
- Fork the soil. Remove any lumps that might cause problems under the soil. Fluff it creating a fine tilth that will adapt easily to having new plants
- Add some top soil and fluff again. This will help the soil open up to roots, water and air as well as feeding the new grass
- Lay down turf in lines parallel to the edge of your garden border, or running in the direction that is most aesthetically pleasing. Lay, then firm in using planks of wood to help evenly distribute weight

Continue this process until the area is covered. Use remaining turf to fill the more complicated edges and shapes such as curves. Use a sharp knife to cut the turf to get a straight line.

Roll or flatten the turf with planks or a roller.

Once the turf is finished in you can begin to water using a rose head ensuring that the

water is evenly distributed and the edges are soaked. These are the first places to brown off and die.

After a week you should start to see the grass growing. Try to avoid walking on it too much, use the planks where possible. Water every other day with the watering can. You'd be amazed at how much water you'll save.

Jo Golesworthy
Horticulturalist, gardener, writer and designer

If you have any queries, questions or quandaries related to gardening or are looking for someone to work in, or advise you on your garden do drop me an email at jgolesworthy@hotmail.com

Bugz Gardening Club is back for a brand new season!

CALLING all worm lovers, mud diggers and cloud spotters! In conjunction with Chichester Community Trust and Graylingwell Community Garden, Bugz Gardening Club are holding an exciting outdoor children's session on 5th April from 10.30-12pm to start the summers' gardening club activities. We've been invited to come along and use our very own area to dig, plant, create, explore and discover everything about the great outdoors.

It costs £6 for the session per child (£5 for siblings). The bugz will be fully entertained with lots of fun things to do including trails and hunts, plants and bugs as well as creative and inspiring activities to bring home.

Come along and get your hands dirty! Everyone aged 5-11 is welcome. Spaces are limited so get your name on the list now to avoid missing out!

Call Jo on 07757 276794 or email jgolesworthy@hotmail.com to book and for more information.

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ALDWICK **£950,000**

An imposing detached Tudor style house situated on a plot approx a third of an acre within half a mile of the beach and shops
G F H d/glazing with leaded lights cloakroom triple aspect lounge opening to a garden rm dining rm fitted kitchen with attached conservatory/breakfast rm utility rm four bedrms refitted bathrm and shower rm playrm (potential for ground floor bedrm and en suite) gardens with heated swimming pool

ALDWICK **£675,000**

A detached beach front house in small private estate gas c.h u P.V.C double glazed security alarm dual aspect ground floor sitting/dining room kitchen/breakfast room utility room dual aspect lounge on mezzanine floor master bedroom with en suite bathroom and balcony two further double bedrooms second bathroom double garage South facing rear garden unobstructed SEA VIEWS direct private beach access.

ALDWICK BAY ESTATE **£585,000**

A picturesque detached thatched residence situated in a private narrow estate approx. 400 yards from the private beach. The property has been made the subject of a programme of extension & modernisation by the current owners G.f.h. u.P.V.C double glazing, dual aspect lounge a good sized extended dining room a well fitted dual aspect kitchen/breakfast room, a utility room with cloakroom, master bedroom with balcony two further double bedrooms two refitted shower rooms, a garage and delightful gardens including a South facing rear with timber chalet

CRAIGWELL-ON-SEA **£595,000**

A superbly presented bungalow situated in a secluded cul-de-sac approx 200 yards from the private beach. The property has been made the subject of an extensive programme of modernisation & refurbishment to provide light & bright open plan living G.F.H. d/glazing open plan lounge & dining rm with attached conservatory open plan kit/breakfast rm utility rm cloakrm master bedrm with en suite shower rm two further bedrms bathrm double garage and gardens

CRAIGWELL-ON SEA **£570,050**

A detached family house situated in a private cul-de sac within 200 yards of the private beach G.f.h u.P.V.C dble glazing, impressive entrance hall triple aspect lounge sep dining room dual aspect kitchen/breakfast room utility room L shaped sun room master bedroom with en suite bathroom and balcony three further bedrooms second bathroom with sep w.c. detached double garage and gardens

ALDWICK BAY ESTATE **£430,000**

A spacious detached chalet style house situated on a wide fronted plot in private estate approx 400 yards from the private beach G.f.h. u.P.V.C dble glazing and fascias. cloakroom triple aspect L shaped lounge good sized L shaped dining/sitting room kitchen/breakfast rm three double bedrooms bathroom Annexe area with living rm, bathrm & kitchenette Double garage and gardens

ALDWICK **£325,000**

A three bedroom first floor apartment in development of six in walled gardens immediately adjacent to the beach gas central heating u.P.V.C double glazed carpets cloakroom lounge d ning room with library area South facing balcony kitchen master bedroom with en suite bathroom and dressing area second bathroom garage UNOBSTRUCTED SEA VIEWS

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LICENSING APPLICATION
LICENSING ACT 2003

NOTICE IS HEREBY GIVEN that an application has been made to the Licensing Authority of Chichester District Council for the **grant** of a **Premises Licence** under Section 17 of the Licensing Act 2003.
Details of the application.
Name of Applicant
Tucano Beach Ltd The Landing, Pound House Pound Road, Chichester PO20 8AJ
Brief description of application.
Retail Sale of Alcohol 11 00am – 7pm everyday (7pm finish is to allow for later opening in the summer and peak periods standard closing time is 5pm) On sales with food only Off sales in sealed containers.
A copy of the statutory register may be inspected during normal office hours at the address shown below
Any Responsible Authority or Interested Party wishing to make representations on this matter must submit those representations in writing to the Principal Licensing Officer, Licensing Team, Environmental Health Services, Chichester District Council, East Pallant House East Pallant Chichester, West Sussex, PO19 1TY or by email to licensing@chichester.gov.uk by no later than the **19th April 2012**
It is an offence knowingly or recklessly to make a false statement in connection with an application and, on summary conviction for the offence, a person is liable to a fine not exceeding level five on the standard scale (currently £5,000)

Families need £52,000 a year to afford London home

RENTING a two bedroom home in London is unaffordable for families earning less than £52,000, according to new research released today by housing charity Shelter

With almost one in four London families now renting from a private landlord – a surge of 70% in the past two years – the research looked at how much families would need to earn to be able to affordably rent a typical two bedroom home, widely defined as rent taking up no more than a third of household income.

It found that a family would need to take home almost £3,500 each month, equivalent to a yearly pre-tax salary of £52,000. In eight London boroughs, including Hackney and Tower Hamlets, families would need to earn over £100,000 a year

With the typical London household income less than £35,000, the charity is warning that growing numbers of families are at crisis point, paying up to half of their income in rent each month as they struggle to continue living and working in the capital.

The research found that the rate of inflation on private rents in London was 7% in 2011 - almost double the rate of inflation on the average London wage, indicating that family budgets are set to be squeezed even further as rent rises consistently outstrip inflation.

In an Ipsos Mori poll released last week, Londoners said that the single most important policy the Mayoral candidates have discussed is finding a way to reduce the cost of private renting

Shelter's Homes for London campaign is demanding the next Mayor to use their influence to make housing a top priority, and stand up for London's renters by brokering a better deal for them which protects families from the capital's out-of-control rental market.

Shelter chief executive Campbell Robb said: "These findings paint a worrying picture of thousands of families across the capital being stretched to the limit by the high cost of renting, praying they won't be hit by another rent rise that could tip them over the edge

"With so many Londoners locked out of home ownership, more and more families have no other option but to rent, but rents are now so out of touch with wages that some families are spending over half of their income just to keep a roof over their head, leaving little left for food, fuel and other essentials

"London's renters will be looking to the next Mayor to fix London's out-of-control rental market, and give them some stability and predictability with their housing costs"

LICENSING APPLICATION
LICENSING ACT 2003
Notice of application for the ***grant*** of a Premises Licence
NOTICE IS HEREBY GIVEN that an application has been made to the Licensing Authority of Chichester District Council for the ***grant*** of a Premises Licence under Section 17 of the Licensing Act 2003.
Details of the application
Name of Applicants ***Mr John Fenton***
Postal address of premises: (or if no postal address, description of location and extent of the premises): ***Cinchs, 4/4A Guildhall Street, Chichester, West Sussex, PO19 1NJ***
Brief description of the application
Retail Sale of Alcohol Mon to Sat 10:00 to Midnight Sun 10:00 to 23.30 Late Night Refreshment (Provision of hot food and drink after 23:00) Mon to Sat 23.00 to 00.30, Sun 23:00 to Midnight.
A copy of the statutory register may be inspected during normal office hours at the address shown below
Any Responsible Authority or Interested Party wishing to make representations in writing to the Principal Licensing Officer, Licensing Team, Environmental Health Services, Chichester District Council, East Pallant House, East Pallant, Chichester, West Sussex, PO19 1TY or by email to licensing@chichester.gov.uk by no later than the ***20th April 2012***
Any representations will be notified to the applicant and will be considered by the Licensing Authority
Please note that it is an offence knowingly or recklessly to make a false statement in connection with an application and, on summary conviction for the offence, a person is liable to a fine not exceeding level five on the standard scale (currently £5000)

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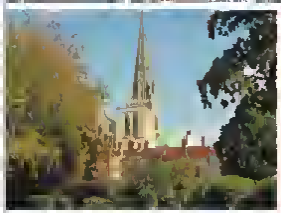

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Skoda Motorsport will whirl up a dust storm at the 2012 Festival of Speed

ONCE AGAIN the forest on the hillside above Goodwood House will echo to the sound of both historic and modern rally cars, as the Festival of Speed showcases the greatest loose-surface driving on its exciting Forest Rally Stage (29 June-01 July)

With no date conflict with the World Rally Championship or Intercontinental Rally Challenge, plans are afoot to bring many of the protagonists of the modern sport to the event once more

Following its dramatic debut as the Goodwood Forest Rally Stage partner last year, Skoda UK Motorsport will once again be presenting the challenging Forest Rally Stage and demonstrating its latest Fabia S2000 rally weapon with IRC Champion Andreas Mikkelsen. The Skoda is expected to be joined by other current WRC and IRC teams and drivers at the event

Alongside the contemporary rally cars on the hillclimb, around 50 cars will tackle the demanding rally stage throughout all three days of the event, ranging from early Sixties favourites like the Saab 96 and Mini Cooper S, to the ubiquitous Ford Escort, Lancia Stratos and Datsun 240Zs of the 1970s, awesome fire-breathing Group B monsters like the Audi Quattro S1, MG Metro 6R4 and Ford RS200, and the ultra high-tech machines of today.

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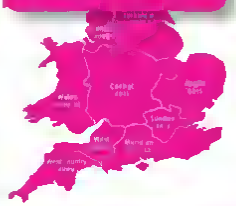
GET set TO switch

WITH THE DIGITAL SWITCHOVER IN OUR AREA IMMINENT AREYOU READY TO GO DIGITAL? THE BBC HELP SCHEME IS AVAILABLE TO CERTAIN ELIGIBLE PERSONS BUT IFYOU ARE NOT ELIGIBLE YOU MAY NEED A HELPING HAND FROM A LOCAL INSTALLER

The Meridian area switchover begins:

07/03/2012

If you are not eligible for the BBC Help Scheme, please visit digitaluk.co.uk or contact your local independent installers for advice and assistance.



Everyone needs to be ready for the switchover to avoid losing TV channels. Households that receive only their TV reception possibly need to consider switching to digital.

The Help Scheme is run by the BBC and can help the most vulnerable eligible digital switchover households, aged 75 and over, registered blind or partially sighted or anyone who lives in a home that receives one or more of these with everything they need to switch their TV to digital.

The standard option is available for an all-in-one cost of £40. The help is free if you or someone you live with is eligible and also pets remain in your home throughout the work.

Simply the set engineer friendly and easy to use, which comes with an easy-to-use remote control which is the standard package. Other options are available such as digital recorders but these come at an extra cost.

If you think you may be eligible contact the help scheme on 0800 40 85 900 or visit www.helpscheme.co.uk

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Services & Advice

Our broad range of digital services and advice, includes:

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- Multiroom installations providing digital TV access in other rooms of your home
- DAB and FM Radio aerial installations
- Aerial repairs and servicing, digital aerial alignment and faulty connections
- Free no obligation survey of your home for any new freeview installations or digital upgrades
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Herald Recruitment

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• Junior Reporter required – Chichester Herald

An enthusiastic individual is required to help look after our Chichester Herald news patch

The successful applicant will have a major role to play in looking after our news, entertainment and sport

The role would suit a newly qualified journalist or an individual with an interest in journalism who is keen for their first job on the career ladder with assisted training

The position will be Chichester based but may also include help with our sister newspaper in Brighton, as and when required

Please email a CV and introduction to dean.adams@chichesterherald.co.uk

Closing date: Friday 6th April 2012

• Reporter required – Chichester Herald

Chichester Herald is looking for a journalist to develop their news, entertainment and sport

The role would suit an individual who can build on the newspapers current success.

The position will be Chichester based but may also include help with our sister newspaper in Brighton, as and when required.

A driving license is essential

Please email a CV and introduction to dean.adams@chichesterherald.co.uk

Closing date: Friday 6th April 2012

• PA required – Chichester Herald

Chichester Herald is looking for a PA to help assist and develop the newspaper

The successful applicant will be familiar with everyday software applications and have a keen interest in marketing, social media and PR to help develop the business.

An interest in writing would be beneficial.

A driving license is essential.

Please email a CV and introduction to dean.adams@chichesterherald.co.uk

Closing date: Friday 6th April 2012

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Former stars to compete at Goodwood

GOODWOOD is to join a list of England's most famous golf courses and play host to an array of distinguished golf professionals in an exciting newly-formed tournament circuit

It is called the TP Tour Series and involves 30 one-day events across the country and is now in its second season having already attracted players from the European Tour as well as a growing number of golf fans who value the chance to watch these top class campaigners in action

The prestigious venues have been selected personally by former European Order of Merit winner Ronan Rafferty who also played in the 1989 Ryder Cup match against the American professionals and holds the position of Tour Ambassador to the TP Tour Series.

The Northern Ireland tournament star explained the selection process for the venues: "We are introducing traditional golf courses to the pros and many existing tour players are lapping up the opportunity

"Players like Paul Broadhurst who competed in the 1991 Ryder Cup match are finding out that these one-day tournaments are ideal in between their schedules as they are playing wonderful courses in strict tournament conditions and for a decent prize fund."

Moreover the ultimate bonus for competitors is that the top three finishers

to the TP Tour Series Order of Merit will receive paid entry into the European Tour Qualifying School. The circuit is already proving immensely popular among 100 seasoned campaigners and aspiring newcomers who have signed up for what is acknowledged to be the UK's best and fastest growing golf tour

The aim of the TP Tour Series is to offer existing European Tour players additional competition to sharpen their game as well as providing young aspiring pros a start in their competitive careers. It is a concept that has already been supported by Gary Evans who narrowly missed a playoff for the 2002 Open Championship title at Muirfield as well as Ian Pyman the most successful player on the Challenge Tour.

The selection of elite courses for the 2012 TP Tour Series includes several European Tour locations such as Woburn, Walton Heath, Wentworth and well as Royal St Georges, the historic venue for numerous Open Championships as well as many others.

The Series moves to Goodwood as part of a 30-hole event with Hayling Island on May 2nd and the general appraisal suggests that Goodwood is a superb challenge for the players and the TPT our looks forward eagerly to the visit

Girdler walks at City

City must move forward, says chairman

CHICHESTER CITY Football Club will start their search for a new manager after former boss Adrian Girdler ended his stint in charge on Saturday

Despite their 4-0 win at the weekend, City remain stranded at the foot of the table after a disastrous season on the patch in which they have lost 26 of their 31 league games to date.

A Statement from Oliver Adrian, Chairman of Chichester City Football Club, said "Various members of the board of directors including myself, acting on behalf of the wishes of the board, met with the 1st team manager Adrian Girdler on Saturday 24th March after the home game with St Francis Rangers. Following an open and honest discussion regarding the season so far, the prospects for the remainder of the season and our expectations for the 2012/2013 season, Adrian Girdler decided to resign from the position of 1st Team Manager at Chichester City FC. The 1st Team affairs will now be handled by internal club staff until an appropriate replacement can be found. Chichester City Football Club would like to thank Adrian Girdler for his immense commitment to the club over many years and certainly during some very difficult times over the last 18 months."

City will now be looking for a new manager who can breathe fresh air into the club as they prepare to plan for next season

City will be hoping that the 2012/13 season will bring better luck after two years' worth of bad press – even from the national newspapers in 2010.

Back then, Chichester City made national newspaper headlines after sacking their manager, Mark Poulton, during a game. Poulton's team were actually beating local rivals Redhill 2-1 in the second half of their Sussex Charity Cup clash when he took the call on his mobile phone

"During the second half I had a call from Gary Walker, one of the directors, who said he was sorry to interrupt me and then told me I'd been sacked," Poulton said.

Now the club are looking forward and the chairman is optimistic good fortune is just around the corner. "It gives us a chance to freshen things up and to have a look at new ideas. We have a good youth set-up and we need to look at how we can involve the community and push the club forward," said Adrian.

Football

Results

Saturday 24th March 2012
Division 1
Chichester City 4-0 St Francis Rangers
Ringmer 3-0 Pagham
Selsey 0-2 Horsham YMCA
Sidley Utd 2-0 Arundel

Division 2
Hailsham Town 2-1 Midhurst & Easebourne
Burgess Hill Town 2-1 Seaford Town

Division 3
Barnham 4-2 Broadbridge Heath
Bosham 0-2 Rottingdean Village
Ferring 6-0 Clymping

Tuesday 27th March 2012
Division 1
Horsham YMCA 0-1 Chichester City
(Chichester no team, 3 pts to Horsham YMCA)

Wednesday 28th March 2012
Vernon Wentworth Cup S
Billingshurst 4-3 Barnham

Fixtures

Saturday 31st March 2012
Division 1
Arundel v Lingfield
Pagham v Rye Utd
Peacehaven & Telscombe v Selsey
Sidley Utd v Chichester City

Division 2
Midhurst & Easebourne v Redhill Utd

Division 3
Bosham v Forest
Field Edwards v Barnham

Sussex County Football League

DIVISION 1

Team	P	W	D	L	F	A	GD	PTS
RYE UNITED	34	25	5	4	94	38	56	80
THREE BRIDGES	32	24	3	5	84	30	54	75
LANCING	33	22	8	3	71	32	39	74
PAGHAM	33	19	6	8	72	46	26	63
HASSOCKS	35	19	6	10	80	56	24	63
PEACEHAVEN & TELS	33	18	6	9	69	44	25	60
LINGFIELD	32	17	6	9	73	50	23	57
REDHILL	32	16	5	11	78	49	29	53
AFC UCKFIELD	33	14	7	12	63	58	5	49
EAST GRINSTEAD TOWN	35	15	4	16	64	70	-6	49
SIDLEY UNITED	34	13	4	17	43	56	-13	43
SELSEY	33	12	4	17	56	67	-11	40
CROWBOROUGH ATHLETIC	36	11	7	18	64	77	-13	40
HORSHAM YMCA	35	11	3	21	48	76	-28	36
SHOREHAM	35	9	8	18	59	84	-25	35
WORTHING UNITED	32	7	12	13	54	78	-24	33
ARUNDEL	33	9	6	18	54	80	-26	33
RINGMER	33	9	5	19	43	59	-16	32
ST FRANCIS RANGERS	34	1	13	20	34	76	-42	16
CHICHESTER CITY	31	3	2	26	30	84	-54	11

DIVISION 2

Team	P	W	D	L	F	A	GD	PTS
EAST PRESTON	30	27	2	1	112	26	86	83
HAILSHAM TOWN	29	21	5	3	78	30	48	68
DORKING WANDERERS	29	18	5	6	65	39	26	59
LITTLEHAMPTON TOWN	31	13	12	6	59	35	24	51
EASTBOURNE UNITED AFC	31	14	8	9	51	44	7	50
SOUTHWICK	32	12	11	9	41	36	5	47
HEXHILL UNITED	31	14	4	13	54	60	-6	46
LOXWOOD	29	14	4	11	51	57	-6	46
STORRINGTON	31	11	7	13	58	52	6	40
RUSTINGTON	31	10	9	12	49	59	-10	39
MILE OAK	32	11	3	18	52	63	-11	36
STEYNING TOWN	31	9	6	16	48	67	-19	33
WICK	30	9	5	16	38	60	-22	32
WESTFIELD	29	7	9	13	46	61	-15	30
SEAFORD TOWN	30	8	2	20	42	59	-17	26
MIDHURST & EASEBOURNE	29	8	3	18	52	91	-39	*26
LITTLE COMMON	31	6	7	18	45	66	-21	25
OAKWOOD	30	5	10	15	39	75	-36	25

DIVISION 3

Team	P	W	D	L	F	A	GD	PTS
NEWHAVEN	25	19	3	3	83	30	53	60
SALTDEAN UNITED	24	17	5	2	75	21	54	56
PEASE POTTAGE VILLAGE	24	16	1	7	66	37	29	49
BROADBRIDGE HEATH	25	15	3	7	58	36	22	48
FOREST	23	15	3	5	58	37	21	48
BARNHAM	23	14	3	6	66	31	35	45
ROTTINGDEAN VILLAGE	25	12	3	10	47	53	6	39
FERRING	26	11	4	11	43	54	11	37
UCKFIELD TOWN	24	8	9	7	50	43	7	33
IFIELD EDWARDS	25	9	5	11	42	47	-5	32
HURSTPIERPOINT	27	8	6	13	42	57	15	30
BOSHAM	26	8	5	13	39	49	10	29
TD SHIPLEY	24	8	1	15	43	59	16	25
CLYMPING	28	5	3	20	34	89	58	18
HAYWARDS HEATH TOWN	28	3	7	18	27	62	35	16
ROFFEY	29	2	5	22	32	97	65	11

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